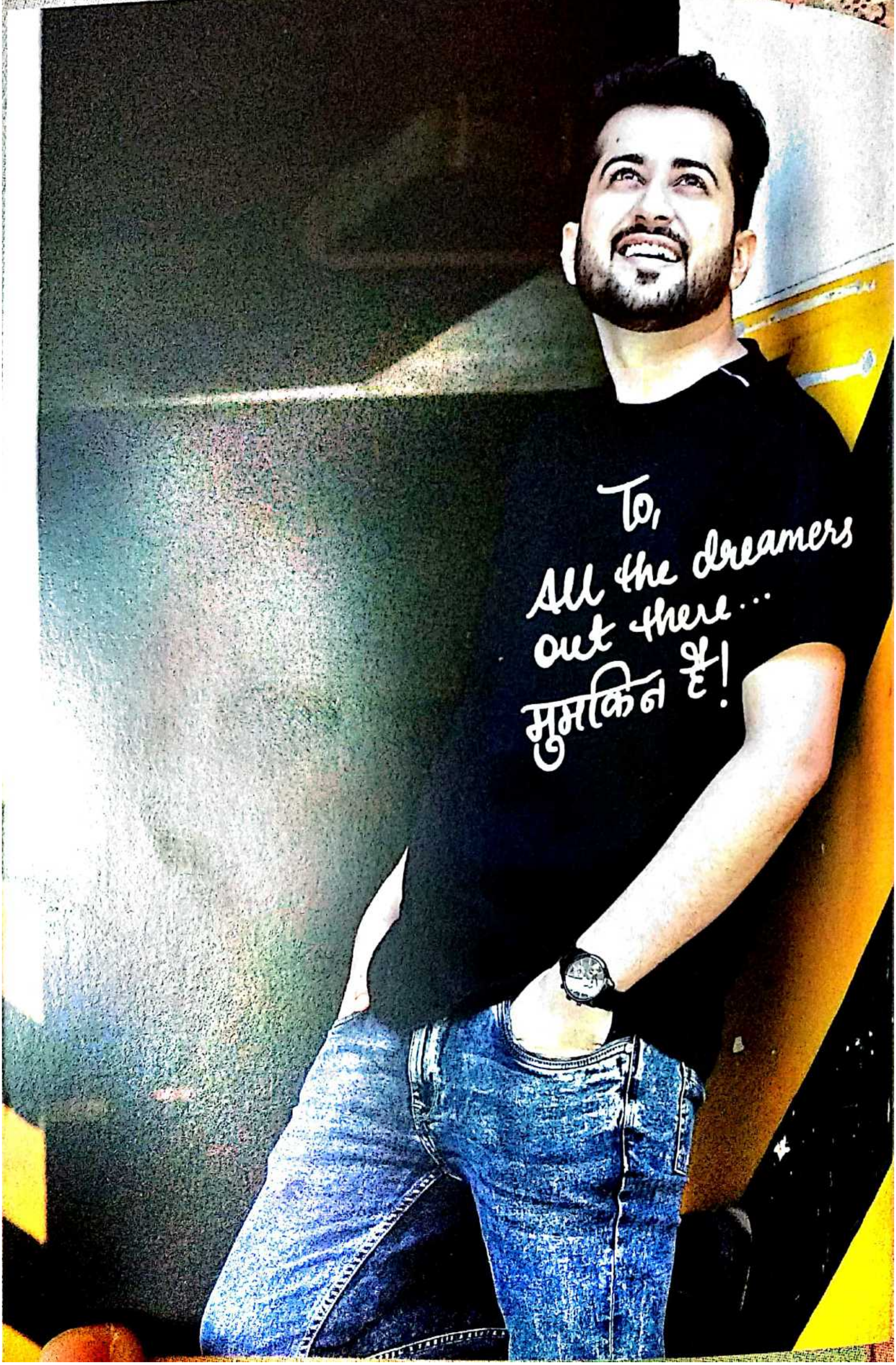
AASHISH ARORA

THE FIFTY NINE PERCENT

Cracking the code to success with one of
the most loved and highly successful educator of The Country

VISIT…

LANZAROTE
Caliente.COM



To,
All the dreamers
out there...
मुमकिन है!

The Fifty-Nine Percent

Cracking the Code to Success with the most loved and highly successful educator of the country

AASHISH ARORA

Copyright © Aashish Arora 2021
All Rights Reserved.
ISBN 978-93-5566-910-0
All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other non-commercial uses permitted by copyright law.

To my beloved parents –

Mr. Ashok Arora and Mrs. Jyoti Arora.

I am so much of what I have learned from you. Without the inspiration, drive, and support that you have given me, I might not have been the person I am today. I love you.

"We are what our thoughts have made us; so take care about what you think. Words are secondary. Thoughts live; they travel far."

– Swami Vivekananda

Contents

Foreword ix

What is The Fifty-Nine Percent? xiii

Before You Proceed xvi

A Personal Letter 1

1. Do You Know Yourself? 5

2. Failures and Setbacks 11

3. Importance of Discipline and Routine 23

4. What's In Your Bowl? 30

5. Productivity Hacks 38

6. The Internet Detox 45

7. Ten Hard Things You Need To Hear 52

8. Pick that Book 63
9. On Parents 71
10. Seven Things Before Seven A.M 78
11. You Vs. Hormones 84
12. Hardwork, Courage, and Competition 93
13. Spirituality 100
14. Time Management 109
15. Questions You Asked 120
Epilogue 134

Foreword

Before I started to write this book, I spent an appreciable amount of time planning the content and brainstorming what it would be about. I used to think, should I write my own story? Should I write about all the lessons that I've learned in my life while sailing through it? Or should I write a great book of motivation with philosophies and hacks that are just a combination of those things mentioned above?

But one thing that was clear and had been in my head from the very inception was that I wanted my book to be a companion, a book that serves as a guide, something that readers can refer to at any time. I assume most of you who are reading this book are in your 20s, and this is the phase where you have an inordinate amount of pressure to prove yourself. You have to make significant decisions about your career, your finances, your priorities, your relationships, etc. I think all of us will unanimously agree that we cannot plan our lives in a beautiful journal and expect it to go according to our intent. It never happens that way. As you move through life, you will often find yourself at an unexpected crossroads, and at that time, what you need the most is the right advice.

I, too, have witnessed many ups and downs in my life, so I have written this book like a quick "survival guide" for you. My only reason behind penning this book, and sharing my wisdom and understanding of this life, is to prevent you from getting stuck at that crossroads. I believe the life that we have been blessed, is an enormous jigsaw puzzle, and to figure out the big picture, you have to keep picking up the pieces as you move past different levels of life. Through this book, I have tried to help you find these pieces and give you a perspective on things that matter, things that you should never lose focus of, and things that will ease your journey to success.

This little book is written in an easy-to-read manner, combining insights and measures for work and life. The various segments that you will go through talk about different aspects of daily life that we often tend to ignore. You don't necessarily have to read the book in a regular A-Z manner. Choose the topics that interest you and go for them. Sometimes you may not get the exact answer, but through the quotes, hacks, and practices mentioned in this book, you will have an idea of what is expected of you to do at that moment. As you go through different phases of life, you can read some chapters from time to time as per need.

In addition, this book is very handy. Carry this book wherever you go, so you always have the opportunity to flip the pages. You can read it during your morning commute to your office or your coaching. You can read it when you're waiting for that metro or when the doctor you made an appointment with is late. Also, make it a habit to read something before you go to sleep. If you take advantage of short minutes, you will realize that it is pretty easy to devote more time to reading.

I would also like to Thank You, not because you have bought my book, but because you have decided to sit down and read. I honestly believe that books allow us to hold several point of views in our minds simultaneously, and that is why we get to know other people's opinions and have a broader understanding of life. When more people start reading, problems at the personal level are solved, and as a result, our world can have more peace, love, and understanding. And your interest in reading speaks volumes of your interest in making yourself and this world a better place.

Happy Reading!

What is The Fifty-Nine Percent?

"Life always tests you with your special virtue that exists in you" – Old Sufi Proverb

It was a sunny morning in August when I received a message from a follower on one of my social media profiles. I clicked on it and read the message -

"Hi Sir, I am feeling very discouraged and depressed. I couldn't clear the exam. I do not understand what to do next. The qualifying score was 60, and I scored 59. It's just one mark difference, but they are successful now, and I am not."

What he said stayed with me - "Just One mark"! Sometimes the difference between students who scored 59 but failed, and those who scored 60, but passed, is not only a correct question or a single mark, but so many other things that remain in hindsight still play a decisive role in paving the way to success.

I agree that marks are important, studies and books are essential. But why do two people reading the same book, going to the same coaching, and living in the same hostel not get to taste similar success? This book is a comprehensive answer to this not-so-easy question. I have tried my best to give a perspective on this.

See, success is an inside-out concept. What I mean from 'inside-out' is that the success you want is determined more by the things within you than by the things around you. But, unfortunately, you fail to understand this and succumb to mediocrity rather than chasing greatness. This mediocrity is what I've termed as 'fifty-nine' percent, hence the book's title.

We all go through phases where we might feel stuck – some of us could be stuck in studies where our performance is just stagnant at 'fifty-nine percent or stuck in maintaining balance in our lives where we cannot go beyond the fifty-nine percent mark. This 'fifty-nine' percent that I am referring to is not merely a number. It's your self-destructive habits that hinder your growth. It's your procrastination that makes you lose your precious time. It's your laziness, it's your half-hearted efforts, it's your overthinking, it's your insufficient motivation, and sometimes it's your lack of ability to comprehend certain aspects of life. This book is for all of you who are stuck at your own Fifty-nine percent and find it challenging to go beyond that. My only purpose behind writing this book is to give you an insight into how you can go beyond that fifty-nine percent bar and better yourself in different areas of life.

I hope that you will approach this book in the same spirit in which it has been written. May you rise above your own fifty-nine percent and attain success and greatness in life.

Aashish Arora

September 14, 2021

Before You Proceed

You undoubtedly feel that you can achieve what you want in life, but certain habits prevent you from reaching your goals and being the person you always wanted to be.

Therefore, before you continue to read the book, I have a request. Take a few moments and write down three things that you think stop you from being this superior version of yourself or three habits that you want to change in yourself. Be honest.

I. ....

II. ....

III. ....

A personal letter to all the Females who bought the book

Hi,

When I was in school, a teacher took a surprise test. He wrote a question on the blackboard and told us to raise our hands if we knew how to solve the problem. The question was a bit tricky, and none of the students raised their hands. The teacher then gave us ten extra minutes to solve it and warned us that all those who didn't solve the problem would be punished. Even after ten minutes, no one could solve the problem. Expectedly, the teacher got very angry and told us all to stand up and hold our ears.

"The answer is 78 m/sec", came a voice from the last row of girls. She looked very shy, and I didn't even know her name. She showed her answer to him, and the teacher was very impressed. When the teacher asked her why she didn't tell the answer earlier, she remained silent. She was just looking down at her desk.

At that time, being a young boy, I didn't have an answer, but now I know why she chose not to speak that day. I now know how difficult it is for girls to have their voice. I now understand what girls have to face every day because our society fosters the perception that women are less qualified and less competent than men.

Dear girls, it's high time to pull up your socks and work with your maximum potential to achieve your goals. You don't have to stay silent and box yourself into traditional gender roles and stereotypes. Don't believe people if they say things like Girls can't do this or girls are not good at mathematics or girls are not suitable for this job.

I feel so happy in my classes when I see that fifty percent of students are females (and sometimes even more than that). I am really pleased when girls like you give answers to any tricky maths question that I ask. Because today it has become essential that you educate yourselves so much that no one can stop your flight. And if you girls move forward, you will make the path of other girls easier. Never consider yourself inferior to anyone. Just remember that if you become successful, you will empower many girls, and so many others out there will get inspired just by looking at your journey. Even in the worst of situations, show courage because you have to protect yourself for the people who love you, to whom you are important. Yes, it is challenging to fight with outdated stereotypes and judgements but keep faith in your work. If you have courage and perseverance, believe me, the one watching you and protecting you from above will always make way for you, and you'll feel much more robust than before. Each of you has so much potential that you can bring a tremendous change in your family, society, state, and country.

Rise and Shine.

Aashish Arora

1. Do You Know Yourself?

"When you know clearly what you want, you'll wake up every morning excited about life." - Mark Victor Hansen.

"What is the ultimate quantification of success? For me, it's not about how much time you spend doing what you love. It's how little time you spend doing what you hate." - Casey Neistat.

Let me begin the chapter with Aditya's story. When he was five years old, he wanted to be a pilot because someone in his family told him that from 35,000 feet, he could see almost the entire Earth. When Aditya was eight, he wanted to be a cricketer as everyone loved Sachin because he played well and hit sixes. When he was ten, he considered being an actor because he heard they make significant money and they have big cars and bungalows. But when Aditya turned sixteen and completed his schooling, he was enrolled in an engineering college because it was his father's dream. Even Aditya thought that engineering was cool enough to get praise from family, friends, and society. Aditya became an engineer. He now has a decent six-digit salary. But if you ask Aditya if he is happy, he will tell you he is not. After working for five years in a tech company, he now wishes if he had the courage to live a life that was true to himself, not the life others expected of him. He hates the monotony that has crept into his life. He has to do things he does not like, to impress people he doesn't admire, to grow in a career he does not have a soft spot for. This is the awful reality of almost seven of the ten people I meet regularly. They live a life just to impress a few people and get social validation that they are 'atleast doing something.'

It is practically impossible to excel in your career if you do something that doesn't align with your interests. This is one of the main reasons why even the brightest students at school fail to rise above mediocrity in their respective careers. Instead of brimming with success and excellence, they turn out to be an average engineer, an average doctor, or an average banker - just average! And this mediocrity isn't just about them. Remember that it is as harmful to them as it is to society's growth.

And what is the reason for this discontent? It's because we never introspect ourselves. We do not even know who we are and what we want from our life. Our perception of ourselves depends on what others think of us. And for this reason, when we grow up, we struggle to find ourselves. I have seen depressed adults, people in mid-life crises, and people on their deathbed who wish they had done things they always wanted to do. There is no point in living a life where one wakes up every day feeling sad and unmotivated. Remember that you are not only an individual; you also have a social responsibility. Imagine visiting a doctor, and he seems disinterested in watching your tonsils. Or how would you feel if an advocate handled your case half-heartedly in court? Would you like to be someone like them? If your answer is no, why not work on something that excites your soul and motivates you to work harder in life?

There is an excellent quote by Anais Nin - *"The day came when the risk to remain tight in a bud was more painful than the risk it took to blossom."*

When I was in the twelfth grade, I had enrolled in an engineering coaching center. But now I realize I didn't actually want to be an engineer. Due to social conditioning, I was only interested in getting the tag of someone studying at a prestigious institute like IIT (Indian Institute of Technology). Suppose if I had made it into an IIT, I might have enjoyed my four-year course three, but what would have happened after that? Would I have been willing to sit in my office for long hours, coding for an app in my cubicle? No. I wouldn't have. One of the underrated things in this life is having a job that you really like. Unfortunately, people realize this when it's too late.

To Move Beyond Fifty-Nine Percent

- Knowing yourself and understanding your weaknesses and strengths can undoubtedly help with the confusion and conflicts in life. If you understand how you react to life with your instinctive strengths and weaknesses, you can gain more control over your actions and make better decisions.

- Put no one else's dream before yours. This will always minimize your own worth. While moving through life, you will have regular encounters with people who will tell you that your dreams are invalid or you are aiming too high or, you don't have potential. Someone will mock you. Someone will taunt you. Someone will make you feel small by their indirect digs. But remember that the people who tell you these things are often those who themselves could not achieve anything in life. So please don't take them or their words seriously. When you listen to them, you create a false opinion about yourself. Remember that what you think of yourself is far far crucial than what others think of you.

- Always remember this quote by Sun Tzu, a Chinese strategist, and philosopher: "*If you know the enemy and know yourself, you need not fear the result of a* *hundred battles. If you know yourself but not the enemy, for every victory gained, you will also suffer a defeat. If you know neither the enemy nor yourself, you will succumb in every battle."* Although this refers to war, it also reflects how important it is to know yourself when you are trying to achieve your goal. You can never win (whether on the battlefield or in your own life) if you have no idea who you are, what you are good at, what drives you nuts, or what are things that really motivate you. Most of you have a herd mentality, i.e., you behave like people around you, without considering your own feelings. You should avoid copying others and be willing to make decisions based on your interest and likings. Your future self will thank you.

- It is also essential to have realistic and practical goals and those which are appropriate to your personality type. For example, if you think you are good at dealing with people and managing them well, you can go for banking and other similar sectors. But there is no point aiming for it if you like working in a solitary and peaceful environment. Therefore, you should choose your goals wisely so that you can work with your maximum efficiency.

"In the confrontation between the stream and the rock, the stream always wins, not through strength, but through persistence."

-Buddha

2. Failures and Setbacks

"History has demonstrated that the most notable winners usually encountered heartbreaking obstacles before they triumphed. They won because they refused to become discouraged by their defeats". - B. C. Forbes

"Remember that sometimes not getting what you want is a wonderful stroke of luck." - Dalai Lama

I remember it was June of 2019 when I visited my uncle's house. He has a 16-year-old daughter. When I went there, I realized that she was not talking to anyone, and she had shut herself down. When I asked my family members, they informed me that she could not clear the pre-medical admission test (for which she had worked diligently), and she had stopped interacting with people since then.

Failure is something that we all have to deal with at some point in our lives. I know many people like my cousin who find it difficult to move forward in life when they experience any kind of setback, but they do not realize that failure is as crucial to their growth as success. I get hundreds of messages every day from people who could not clear any exam and are now demotivated, depressed, and sometimes even suicidal. On a personal level, it's excruciatingly painful to go through the messages that they write. The main problem most of the time is not failure but the flawed definition of it. We have created a taboo around this word 'failure,' and we all are kind of guilty because we have exaggerated it to such an extent that people who face it consider it as if their whole life is finished. Please know that nature has everything in balance - when there are days, there are nights; when there are negatives, there are positives, and similarly, you have bright sunny days to compensate for the cold winter. So if there are downs, there will be ups for sure.

It is entirely alright to get unsatisfactory marks in any exam, or losing an important business deal, or not getting things that you wanted badly, even after working hard for it. I know it feels terrible, but remember that - if someone is better than you in a given task, it is probably because they have endured more failures in their own lives than you; but they did not give up.

We often waste so much time thinking about a past failure that we don't even realize how many of the newer opportunities we let go unnoticed. Yes, it is essential to introspect and analyze what went wrong. But often, we cannot distinguish between introspection and worry. You have to bring in a change in your attitude. Try to replace your "If I had done this; it would have happened" with "If I did things like that from next time, it would happen."

Keep in mind that you can never grow if you do not make mistakes. Do you recall how you started to walk? Was it spontaneous? Did you just wake up someday and decide you want to run on your own feet? No, it didn't happen like that. You might know that toddlers fall on average 17 times/hour. But no matter how often they fall, they do not give up. They are determined to walk on their own foot, and so were you. This only happened because when you were a kid, you did not envisage failure the same as you do now. When you grow up, you start to believe that if there's a chance of failing at something, there is no point even trying to do it. And as a result, you limit your own growth by not pushing for bigger things and by staying in your comfort zone.

Please stop believing that your whole life depends on an exam or any event. You can always write the next paper. You can always try one more time.

You all have heard of Mira Bai Chanu. What if she had stopped weightlifting after her failure in the 2016 Olympics? During that event, she did not even get a score on the board. She was so shattered and heartbroken after the fiasco that she slipped into depression. But Mirabai didn't give up hope. As you all must be aware, in 2021, she made a brilliant comeback and made the whole country proud by being the first Indian weightlifter to win a silver medal at the Olympics. That was also the first time India won a medal on the opening day of the Olympic Games, and her victory thrilled the entire country. There is a lot to learn from her virtue of resilience. See, I strongly believe in *Karm/Karma* (i.e., your actions, deed), and if you are talented, hard-working, and burn that midnight oil - you will be successful today or tomorrow. No power can stop you.

Just don't exaggerate your failure. Keep it as simple as this:

You aimed for something. → *It didn't transpire into what you wished for* → *Better things are in store for you.*

Always consider failure as an event and not as an outfit. Just because you went there does not mean you have to wear it. I know it is not easy for beginners to handle failure, but there is no other way than to accept it gracefully because sooner or later, you will have to. So why waste time? Why not be working on something newer with a fresher approach? Remember that failure is only the end if we let it be.

Did you know that Walt Disney, the pioneer of the American animation film industry, went bankrupt several times? Likewise, Thomas Edison, who illuminated the world with his invention, made thousands of failed attempts to create the electric bulb before succeeding.

J K Rowling, the creative genius behind the Harry Potter book series, was going through a very challenging time when she wrote the book, which later made history. She went broke, lost her mother, and just had a divorce. Moreover, when Rowling tried to publish the book, around 12 major publications rejected the Harry Potter script. But she didn't lose her faith in her writing. Finally, a small publisher agreed to print the book, and the rest is history. Overnight, she was catapulted from no one to an author with worldwide recognition.

You must have read these beautiful lines from Rudyard Kipling's poem "*If*" in your high school, which talks about success and failure and treating them like just as imposters. The line goes like this:

"If you can dream—and not make dreams your master;

If you can think—and not make thoughts your aim;

If you can meet with Triumph and Disaster

And treat those two imposters just the same;."

Now, there is another thing I want to talk about. I know that everyone wants to be successful deep inside, but what if I tell you that sometimes success also hinders progress. Yes, it happens. I've seen numerous people who got so carried away with a minor victory that they forgot that they had the potential to scale further heights. In contrast, failure, if taken seriously, allows you to grow. Failure, Losses, setbacks- they help you to develop wisdom, gratitude, and emotional resilience.

You are all familiar with my story. Had I cleared JEE, I know I would have become a very average engineer. But today, I am a teacher and feel so proud that I am helping people achieve their goals. If I hadn't failed, I wouldn't have been the person I am today, and I assume you might not be reading this book at the moment. At that time, I had two options - to be pitiful and waste time thinking about my failure; or to work my fingers to the bone to carve the path to my success. I chose the latter.

I also believe that failure makes you more modest and laborious. Remember that it is very convenient to give up after encountering failure, but it takes guts to pick yourself up and start again with the same spirit. Therefore one of the mantras you should follow is - *Fail Fast, Fail Forward*. As long as you continue to learn from your mistakes, you are not a failure. In fact, you succeed by moving closer to your target.

Let's say I give you a chunk of rock and a hammer, and I tell you to break it. You'll definitely split it apart in five or six hits. Now you tell me - your first hit did not break the rock, but can you consider the first hit useless? Does only the fifth hit that breaks the rock matter? The answer is no. Here what I want you to note is that all your efforts are equally valuable. You never know which hit is going to break the rock. You never know

You must have noticed that many students crack the UPSC exam in their third or fourth attempt. Ask them, and they will tell you that they have bettered themselves with every effort. It's not that they studied hardest in the last attempt. In reality, their result was a cumulative effect of all the shots they made.

Always consider failure as your stepping stone. Stop giving undue importance to it. Instead, concentrate on your efforts. Even if you fail, don't just run away and shut yourself down. Try to sit down with your problems and your weaknesses. Look at the things you have done wrong. I have seen many students who do not even look at their scorecard again if they fail to crack any exam. No one on this Earth knows you better than yourself. Work on your weaknesses. Give all you have to turn your dream into reality. And trust me, nothing can prevent the man with a fire in his belly from reaching his goal.

How To Move Beyond Fifty-Nine Percent

- There is a very popular saying: *'Make sure your worst enemy doesn't live between your two ears.'* It simply means that even your worst enemy cannot harm you as much as your own negative thoughts. "What will people think of me?", "What if I failed again?" "How will I show my face to them?"

Overthinking does more harm to you than anything else. Whatever you face in life, consider them as mere ups and downs which every single human on this Earth has to go through. This will reduce the burden on your mind which compels you to think negatively.

- Remember that anyone who wants to do things of value in life will fail at some point or another. It is very convenient to choose an easy goal, but if you are daring enough to dream big, you are definitely daring enough to make it a reality. Don't doubt yourself. The first step generally is the most difficult one, but gather courage and jump into action.
- Never look back on your past decisions. You did what you thought was good according to that time and scenario. Now get over it. Lingering in the past will only hold you back.
- Make sure you don't repeat your mistakes. Whatever the cause of your failure was, be it lack of strategy or lack of hard work (in eighty percent of cases), or lack of courage, reflect on it and try to improve yourself.
- Try to stay as positive and confident as you can. Let me tell you from my personal experience, having confidence in yourself makes you do things that you

never thought you could do. For example, have you noticed that when you learn a new word, you start seeing them more often in newspapers, articles, and books? It happens because our mind starts acknowledging it consciously. Similarly, when you are positive from the inside, you will feel more of it around you.

Let Me Tell You A Story

Once upon a time, a farmer went to a monk and asked him for the Mantra to live happily. In order to answer his question, the monk took him to a nearby river. As they reached there, the monk asked him to cross the river with him. There was not much water in the river at that time, and stones were visible in the middle of the river. So the man crossed the river with the monk, stepping on one stone at a time.

When they had crossed the river, the monk smiled and asked the peasant: "Now tell me, how did you cross the river?"

The farmer was confused at the absurdity of what he was asked.

"What kind of question is that? I stepped on stones and crossed the river. "

"What would have happened if, after reaching the second stone, you had picked up the first stone and put it on your head and then jumped to the next stone ?" asked the Monk, smiling.

"How would I have crossed the river if I had carried the weight on my shoulder? I would have stumbled and fallen," the farmer replied.

The monk told the man that this was the exact answer to his question.

In life, we often carry the unnecessary burden of our past. But in reality, our past successes, failures, happiness, sorrow – they are all useless. So learn from them, take wisdom, but don't cling.

No ship sails from yesterday's wind. I can assure you that no successful person can tell you that they have never experienced failure. There's nothing like an overnight success. When I started my Youtube channel, the views were very low, and I had less than 100 subscribers. The situation remained like that for a year. I thought I'd failed. But I didn't give up on my dreams. I sat down and put a lot of thought into it. Instead of following trends, I developed my own teaching methodology. I made my own mathematical tricks. I gave everything I had to build my channel and taught my students with 200% commitment. And as a result, If I talk about today, I have half a million subscribers on my channel, and I am the top quantitative aptitude educator on a leading educational platform. Always remember- One life!

"We live on a blue planet that circles around a ball of fire next to a moon that moves the sea, and you don't believe in miracles?"

– Anonymous

3. Importance of Discipline and Routine

"Discipline is doing what you really don't want to do so you can do what you really want to do." – Jeff Fisher

A few years ago, I went to Kota, the coaching capital of India, to attend a close friend's wedding. I had to stay there for a week. Since it was the first time I had been to that beautiful city, I decided to take a stroll and explore the surrounding areas. One of my friend's relatives was with me too. He was actually a native of Kota, and he had completed his engineering degree from a prestigious university. He took me to the central part of Kota, which, to my surprise, was crammed with students rushing to their classes with books and other paraphernalia in their hands. Some were busy with buying pieces of stuff for their daily needs. All I could see were immense coaching buildings, hostels, food messes, and stationery shops.

My friend, who was getting married, also had a P.G of his own, where many students lived. So during my stay, I was able to interact with many of them. I realized that Kota is such a student-friendly city with a considerable success rate in exams such as IIT and NEET because the coachings here make students follow a well-structured and controlled study schedule. Everything is well planned – be it the classes, the syllabus, the timing, or the teachers. They give students a daily routine with everything mentioned in it – when they are supposed to wake up, when to eat, when to study, and even when to relax. Such elaborate arrangements allow a student to concentrate full-time on their preparation.

Discipline goes a long way towards the success of any person. Generally, our minds have this tendency to veer off, and discipline is a lasso that prevents them from wandering away. I get many messages from students who tell me they want to study but can't concentrate and often waste a lot of time thinking instead of studying. My only answer is that it happens with them because they do not have a proper routine to follow. They have no clear goal. They do not know what to expect from those 24-hour hours they have been given. That is why they end up waste their time.

Unless your goals are specific and you maintain self-discipline, you are susceptible to distractions and temptations. I have seen many talented students who could not reach up to their potential because success is the right combination of hard work, self-discipline, and perseverance, and they have failed to understand this. No one can move forward if any of these ingredients is missing.

Building Self-Discipline

You should first understand that discipline is not just about your activities and your daily schedule. Self-discipline begins in your mind first. You must have noticed that no sooner than you sit to study, you are tempted to check your mobile phone, or you start thinking of hundred irrelevant things (generally, it happens with students who do self-study). Most random thoughts start coming to your head - a friend who owes you money, the number of vacancies in the examination, a film you have been waiting for a long time, a person who has not yet replied to you et Cetra. As a result, you get so carried away by your thoughts that you fail to accomplish the task you are expected to do today. Instead, you push it to tomorrow. This procrastination cycle is also repeated the next day, and it goes on.

Remember that you will never be successful by pushing things to tomorrow that you can do today. The day you start doing this is the day you begin to limit your growth. Keep in mind that success is not achieved by luck or miracles. You have to be conscious about it, and that requires self-discipline. You will have to start to resist short-term temptations in order to achieve your long-term goals. Remember that it is not the most intelligent who wins, but the most self-disciplined one. Notice when your mind is in the past or future, and gently return to the present.

Motivation and discipline help you be consistent, so that you remain focused on your long-term goals and do not fall prey to short-term temptations. They both are complementary. Discipline keeps you going when you lack motivation, and motivation pulls you back when you lose control of your self-discipline.

How To Move Beyond Fifty-Nine Percent

- Apply Parkinson's Law in whatever task you are doing. This law states that "work expands so as to fill the time available for its completion." So, for example, if you give yourself seven hours to complete an assignment, you'll take seven hours. But if you decide to do it in three, you can finish it in three hours. Many times when you are doing something, you also add up distractions unknowingly. So, try to set a time proper limit for your tasks. It will keep you in the discipline.
- Have clear goals. Your brain is like a pro driver but with a blindfold on. So if you give confusing

signals, you ought to crash, but if you give proper directions, you will have a ride of the lifetime. Whatever information you provide, your brain will act accordingly. When your goal and aspirations are precise, your mind can focus well on a target.

- Maintain a fixed daily routine. Schedule your time for everything you do - be it waking up, exercising, studying, or going to bed. In this way, you train your body to be efficient during those times when you want maximum productivity. For example, some students have this habit of waking up at 10 or 11 or until its noon. Now how can they expect their brain to perform its best if they've to appear in an exam which is scheduled in the morning?

- The process of 'Studying' doesn't have to feel like a chore. Otherwise, you will get bored quickly. Indulge in some comforts while you're studying/working: listen to good music (making sure it is not too distracting or too loud), and drink water so that you are hydrated well or have a cup of coffee.

- Always remember: things that don't take you towards your goal, take you away from it. So whenever you are confused about whether you should do something or not, ask yourself – Will this thing help me reach my goal? If not, don't do it.

- You all must have heard of The Marshmallow Experiment. In this test, a kid is offered a marshmallow (a type of candy). He is then told that he will be left alone in the room for the next 15 minutes, and if he can avoid eating the marshmallow for that duration, he will be given two marshmallows. Thus, the kid has two options: eat one marshmallow immediately; or wait for some time, control his urge and then have two marshmallows. This experiment goes on to indicate kids who delay gratification went on to better in their respective lives. So, the main lesson here is that it is of great value to sacrifice short-term temptations for a better, long-term gain in the future. Always remember: Good things need discipline and sacrifice. A bit of classic but excellent advice: No pain, No gain

"Most people give up just when they're about to achieve success. They quit on the one-yard line. They give up at the last minute of the game, one foot from a winning touchdown."

H. Ross Perot

4. What's In Your Bowl?

"Came from a plant, eat it; was made in a plant, don't." – Michael Pollan

Imagine you are going to appear in an important examination for which, say, you have been preparing for the last two years. Or suppose you have a crucial interview that decides your entire future. But right before your examination or that interview, you start to feel that something is wrong with your stomach. Now, no matter how well you have studied or how hard you have worked to nail this interview, you will not be able to do your best. If you do not feel good from the inside, it is impossible to perform to your maximum potential. And the only way to feel good from the inside is to remain fit. Now, when I say the word "fit," I do not necessarily mean fit in terms of your body but also in terms of your overall thinking process. Moreover, most people often confuse "fitness" with "hitting gyms." You don't necessarily have to go to the gym to be fit.

Firstly, you need to understand that it is essentially your own body that makes you do things. Often in the pursuit of education, career, fame, and wealth, we overlook the importance of taking care of our bodies. We tend to ignore this only real asset that we have, i.e., our health.

One of the main reasons why we ignore our health is that we have never actually been educated about our bodies and their connection to our overall mental well-being. We do not visit doctors unless there are serious complications. Ask the importance of good health to a person with sight difficulty or someone who has problems as simple as indigestion - they would do almost anything to reverse their problems.

When it comes to health, it's better safe than sorry. The first thing you should remember is that, no matter what, you must devote at least twenty minutes every day to the well-being of your body. One of the biggest problems today is that we have entirely restricted our movements. We no longer walk. Rarely do we watch the sunrise and inhale fresh morning air. We get our meals delivered at home. For even smaller distances, we prefer to take our bike out instead of walking on foot. Children, too, are not inspired to do physical work. No attempt is made to awaken this consciousness towards our bodies, either in children or in elders. This carelessness is causing severe health problems.

It is imperative to note that certain neurotransmitters are released when we move our body (when walking, exercising, or dancing), which have proven to reduce the flow of negative emotions. Actually, we are animals, and our bodies are not adapted to the comfort in which we live. You must have heard the story of certain people in your village who lived beyond the 100-year-old mark. They have consumed natural products for their entire life, and they've worked hard in their fields. They have kept their body fit by not stopping their movement. Remember that movement is like an elixir for your health.

One of the most important things you need to do is to breathe long and deep for at least eight-ten minutes every day without fail. It's the first thing even I do after I wake up every morning. By breathing long, I've also felt that the negative emotions in my head had reduced to a large extent. When we take a long breath, what actually happens is that our consciousness is concentrated on our breath, which means that our focus shifts away from negative emotions such as pride, jealousy, ego, or even lust. Deep breathing may seem like a very simple exercise, but it is actually of the utmost importance.

You can also do *Anulom-Vilom pranayama*, also known as the alternative breathing technique, which helps purify the blood with a better oxygen supply and is known to be very helpful in relieving depression, stress, and anxiety. You have to do it every day if you're a student, as this breathing technique provides your brain with ample oxygen.

The second and most crucial aspect of your health is what you put in your body, i.e., your basic diet. I bet that almost eight in ten health problems can be eliminated or prevented if we eat right.

Now the big question arises - vegetarian or non-vegetarian?

So I'm a vegetarian. I have read many theories and scientific articles about whether humans are essentially vegetarian or non-vegetarian and what kind of food suits us. I have concluded that we are neither vegetarian nor non-vegetarian. So what exactly are we?

Let me explain it in this way - we humans are no different from all other living beings on Earth. We have a digestive system, a complex nervous system, we reproduce, and similarly, we have many other organs and systems that monkeys, lions, fish, or even an insect possess. Now, if you observe carefully, none of the animals on Earth has to cook their food. Their feeding habit includes sources that their body can digest without putting them on flame, frying, or boiling them. On the other hand, we humans have to cook "meat," so it should not be our natural diet. We humans can also not digest "spinach" without preparing it, so grasses/leaves are not our natural diet. In fact, we are "fruitarians." We can easily digest fruits and get enough nutrients from them that are crucial to our survival.

Having said that, I also agree that being vegetarian or non-vegetarian is a very personal choice. However, remember that sometimes protein deficiency can occur from vegetarian diets if the diet does not contain protein-rich foods like soya beans.

Whatever you eat, remember my three Mantras

- Stay away from excess sugar and spice,
- have a glass of water every two hours, and
- never eat junk to 'fill the void.'

By 'filling the void,' I mean that sometimes boredom (or any work that requires sitting for more extended hours) may lead you to consume unhealthy and junk foods. In this case, keep fruits like apples or nuts around you to curb cravings.

Yes, I fully agree that our lives and our schedule often get in the way of practicing healthy habits, but you have to make your health one of your top priorities.

How To Move Beyond Fifty-Nine Percent

- If you are compromising with your sleep, you are going to regret it sooner or later. Unfortunately, with the advent of mobile phones, our sleep pattern has been completely screwed. People keep scrolling until 3 or 4 in the morning, which takes a toll on their health. According to a survey, around ninety-three percent of Indians are sleep-deprived. Please remember that it is essential to take seven-eight hours of uninterrupted sleep if you are a student because it directly affects your concentration and memory.

- Don't fall prey by believing people who say- 'What's wrong in consuming alcohol/cigarette for one time?'. That one time is how the addictions start. I have seen families getting destroyed and people's lives ruined by these addictions that give you fake pleasure. Stay away.
- Mental Health is as important as your physical health. If something is bothering you, talk to someone you trust or seek professional advice. Don't make it taboo.
- Everything you eat either fights disease or feeds it. Choose your food well. Make sure you include walnuts and other dry fruits in your diet. Many students who live away from their homes tend to skip meals. They fill their stomach with chips, biscuits, Maggi, or other junk foods which are low in nutrients, and as a result, they don't get enough

energy to sustain throughout the day. As a result, they feel sleepy, and then concentrating on studies is out of the question. Remember that consumption of these foods also causes addictions. You will begin to feel hungry all the time. The simple solution is: "*Eat Less Junk, Crave Less Junk. Eat More Healthy, Crave More Healthy.*" I am telling you from my experience; I used to eat a lot of unhealthy foods like chips and other fried things, especially in the afternoons, but I began to gain a lot of weight. I then switched to fruits, nuts, and coconut water, and there has been no going back since then.

"I fell asleep and dreamed that life was only happiness. I woke up and discovered that life was duty. I did my duty and discovered that life was happiness."

Paulo Coelho

5. Productivity Hacks

➢ The 20/80 Principal

"Sir, I couldn't study this week / Sir, I wasted my last day doing nothing. So now I feel demotivated and discouraged to start again."

I often hear these lines from students. This feeling of guilt after wasting your entire week or day; or being unproductive for a while is completely normal. We all have these thoughts, but sometimes we don't realize that we are overthinking, and it causes more harm than actual inactivity. It's a fact that you can't be productive every day, and it happens to us all.

Some days when I finish a class, there is the feeling that I didn't give my best that day, or I could have explained a question in a better way, or I should have been more energetic - but that doesn't mean I should stop teaching or put myself into guilt. I follow a technique I've called the 80 / 20 principle. This technique is very simple to follow - Pick a task. Choose a time span. And watch if you've performed with your maximum potential in 80% of that duration or not

Suppose you had a study schedule of 10 days and studied 7-8 days with total concentration, but the last two days were wasted due to some problems or your procrastination, then according to me those two wasted days shouldn't bother you. I also rate my performance every month on this principle. Out of all the classes I take in a month, If I satisfy myself in 80 percent of those classes, I still consider it a good score.

But this should not be an excuse. On the contrary, you must do your best every time, because every time you complete a task successfully, you are motivated to do it again.

Everyone does things wrong. What is dangerous is not making mistakes but being so enamored of your point of view that you do not let facts get in the way. To make progress, you must acknowledge your errors but, at the same time, move on.

➢ Can you spell 'NO'?

The spelling of 'No' is elementary, but how often do you find yourself actually using it? You are so into people-pleasing, and you're so afraid of disappointing others that you forget that you can have your opinion and choice too.

"Hey, let's go to a movie; today is the weekend; why are you studying," "Please call after dinner; I have to talk about XYZ,"

"Can you please come to pick me up at the station?",

"Hey, I think you should not try for this exam; your maths is weak,"

"What's the point of looking for another job? This job is giving you enough."

Here are some of the scenarios where you agree with people because you want to fit in and you want them to like you. But be aware that saying yes is going to cost you a lot in the future.

Remember that prioritizing yourself for your betterment, your personal growth, or wellness will not make you selfish. Yes, it's essential to make friends and to be social, but not at the cost of your own inconvenience. Saying No is tough, and you might feel that you are being harsh but remember not to let your emotions make decisions for you. A thoughtful no, delivered at the right time, can save a lot of time and protect you from troubles. And I don't get the point of being friends with people who don't understand your perspective.

➢ Trust Mr. Pareto

The Pareto Principle states that 80% of the consequence comes from 20% of the causes. This theory can be interpreted in multiple ways. However, I recommend using it to better your life and increase your productivity. For example, suppose you are not able to crack any examination. According to the rule,80% of those failures stem from 20% of your bad habits. So what you need to do is identify those smaller habits that are hindering your progress.

Alternatively, If you successfully identify those twenty percent of your habits that bring 80% of your growth and success, you can shine. The central idea behind Pareto Principal is that you can get more done by minimal actions if you observe carefully.

➢ Don't Interrupt Yourself

It is entirely alright to shut everyone down and go with your flow, whatever you are doing. There is this fascinating theory called Carlson Law, which states that all interrupted work will be less effective and will take more time than if it was completed in a continuous manner. Today we live in a world of multitasking; however, focusing on one task at a time is far more productive. If you interrupt your tasks constantly, every time, you'll have to take time to refocus. So stay away from distractions as much as you can.

➢ Decision Vs. Action

I've seen many people spending more time on the decision than in action. For example, If someone decides they are going to study, they will begin with cleaning the room, dusting the table, arranging the books, and hence their total energy and motivation gets wasted.

Also, don't fool yourself by just deciding to do something and doing nothing that reflects that it has been done. Some people are too obsessed with just making plans. Don't be one of those persons. For example, If you decide to change your studying hours to the night instead of morning, no actual decision has been made unless you physically get rid of the older schedule and start studying for five-six hours at night. Likewise, if you decided to start solving mocks, you haven't really decided unless you have spent some time solving and analyzing them.

Similarly, Suppose you have decided to lead a healthy lifestyle. In that case, the decision will only become real when you start taking care of your body, working out, or eating healthy natural food.

"I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times."

Bruce Lee

6: The Internet Detox

"The difference between technology and slavery is that slaves are fully aware that they are not free."
– *Nassim Nicholas Taleb*

When I remember my childhood, I think of cycling with friends in a small park in front of my residence, playing hide and seek with my cousins at my grandmother's house during those summer holiday trips. I am taking a stroll in the market, holding my father's hand. My mother is singing lullabies and folk songs in the night, patting me to sleep...

Those were the times when technology had not invaded our lives. It was vanity to have a landline connection in the house. Yes, things were not perfect, but everything felt uncomplicated, unpretentious, and plain sailing. Then the Internet arrived, and it changed everything forever.

Recently, I visited a friend of mine who works at a leading investment bank. He has a cute little three-year-old son. When

I asked the boy about his hobbies and other interests, he quickly unlocked a spare mobile phone lying on the table and showed me a game in which he shot several aliens dead with a few finger snaps. Of course, he expected me to be impressed by his shooting skills. He then went into his room playing a game in which a cat imitated what he said. My friend, too, was very boastful of how his son could operate the mobile device at such an early age. For the entire duration of the dinner, his child was glued to the mobile screen. His mother was also very grateful that the mobile phone kept her son engrossed so that she could work peacefully from home.

I hope you all are not shocked or something. Welcome to the new childhood. It's a new reality. This is how we are raising the next generation. While this might not be true for every household, but if you observe carefully, you will find that this is happening all around us. And it's not just the children; the young people who should work hard to find their own niche; they too are busy picking a perfect filter for their images and scrolling through the endless feed. When was the last time you saw someone reading a book in trains or kids requesting their parents to buy a magazine?

You are trapped. You have headphones that are attached to your ears. Your mobile is playing random songs on it. At the same time, you are scrolling something on your laptop. The laptop is attached to the charging plug, despite being fully charged. Occasionally, you can hear a random notification of a friend commenting on his friend's picture on your mobile. This is insane! Can you imagine how much sensory overload you are putting on your brain? With the growth of technology, the amount of information that we supply to our brain on a daily basis has rapidly increased. The main problem is that most of the input we receive from mobile via social media and other apps is useless information. We are constantly shifting our attention from one source of information to another.

I also agree that since we live in the digital age, where most things happen online, whether paying your bills or studying online, or working from home, we cannot entirely eliminate the Internet from our lives. However, eliminating the Internet entirely is also not possible because technology has become a crucial aspect of our lives, so we must try to find a balance and use technology rather than let technology use us.

How To Move Beyond Fifty-Nine Percent

- The first thing I will suggest to you is to watch "The Social Dilemma" on Netflix. It is a brilliant documentary about how social media platforms use us as lab rats and manipulate our thought processes. We must realize the gravity of this digital/ social media addiction, which we have unknowingly acquired.

- Do you know that according to recent data, a typical mobile user touches their phone more than 2600 times! And almost fifty percent of all phone pickups happen within three minutes of a previous one. Most of us don't even know that we've become addicted to the Internet. So check for signals: Do you sacrifice the hours of sleep you need to spend time online? Are you losing interest in activities that were enjoyable before you had access to the Internet? Do you close and open apps at the same time? Do you seem preoccupied with the thought of getting back online when you're away from your mobile phone? Do you turn to your mobile phone if you have nothing to do?

- One of the biggest problems is our excessive dependence on gadgets. Try not to use a mobile phone where it is not required - for example, use an actual watch/clock to check the time instead of peeping into your phone. Try non-digital media such as books, newspapers. You can also pick up a pencil and paper to write or draw, rather than using a note-making app.

- Choose one day of the week when you will not use your phone for any use other than calling. For example, I generally don't have any classes on Saturdays, so I've fixed that day as my Detox Day.

- Most mobile phones have grey mode/reading mode. I turn my screen to grayscale at 8 p.m. and leave it like that until 8 a.m. The less "pretty" the screen, the less interest you will have.

- Please install a Data Usage Tracker / App Usage Tracker application. Alternatively, you can use a timer when opening your social media profile.

- Most of you are students and these days the benefits of the Internet cant be neglected. You now have access to useful pdfs and other e-content. If possible, try to take a printout of them.

Remember: While it is delightful to capture special moments of life and share them with friends and family on social media, there should be a balance. It's fun to share and be social, but not to the detriment of sacrificing our personal experience of the extraordinary moments of our lives.

"The best time to plant a tree was 20 years ago. The second best time is now."

Chinese Proverb

7: Ten Hard Things You Need To Hear

"What moves you, makes you."

As I went through life, I met different types of people and had different experiences. From all my collective experiences, I summarized that life is not easy, and sometimes you have to face scenarios where things do not fit your needs. In this chapter, I will be blunt and share some of the harsh truths of life I have learned in my life.

➢ There is nothing like 'A Perfect Time'

Stop waiting for that "perfect time" to start something. Nothing will ever be perfect. Things will never be favorable. If you solve a problem, the next will come. Trust me. There is no end to worries. You will have to find your way through the issues. If you are waiting for that one day, when life will be easy, and you will have nothing to worry about - sorry to say, you will be waiting for your entire life. You have to be like a river paving your way through rocks, boulders, and stones. It would help if you did not wait only to flow when the path is clear.

If you want to prepare for an exam, start today. As your first step, go buy those books and sit with them for an hour. No matter if it makes sense to you or not, just go through the syllabus. Sometimes, all that matters is your first step. God has given you every tool that you will need in your entire life. You just have to trust the process.

"I don't think I can do this now. I will begin next January. I will not be appreciated for doing this in such a condition. I don't have the money. I am too old for this now. "

Stop giving excuses. I didn't even have a digital pad or stylus or an interactive board when I started teaching. I used to teach online using a simple whiteboard and markers. People even told me that I was too young to teach and that students would not want to learn from someone who is in his early twenties. But amazing things start to happen when you trust yourself and take that leap of faith. So, whatever things you have put on hold, begin today!

➢ Not everyone is your friend

Having true friends is a blessing, but at the same time, it's a rarity. The world that we live in is not a fairy tale, and often you will be taken advantage of, find yourself alone in times of need, and you'll feel that you are being discouraged by the same people you thought would support you. It only happens because you have chosen the wrong company. You must Stop calling everyone your friend. Stop sharing everything with everyone. Not all those people whose number you have saved in your contact list are your friend. More than ninety percent of people you think are your "friend" will part their ways with you if things go wrong or if they get the slightest indication that you are doing better than them in life. So prepare yourself for the lonely times on your journey. It's entirely alright for you to go solo rather than being around the wrong people. A toxic or negative company can ruin your future. They will mock your dreams, say negative things about you on your face, and then will go on to say they're just joking. Friendship should be productive. Friendships are supposed to add up to your well-being. It is often said that we are the average of the five friends we associate with the most. So we must choose wisely.

➢ You don't have much time

Do you remember how things were when you were just a teenager? Do you remember the last day you went to school? It feels like yesterday, right? But if you count, it's been eight, ten, or even fifteen years, depending on your age. Well, time passes quickly, faster than one can imagine. So don't fall into the trap of 'I have time.' If you think you have time, you are probably wasting it. You must be just constantly pushing things to tomorrow, giving yourself an excuse not to do it today and nothing else. You're just fooling yourself. If you ask people in their 60s and 70s about one regret they have, most of them will say they could not use the time they've were given. Remember that time has this tendency to create the most successful people and also the biggest failures.

➢ Be friendly but have some Self-respect.

I have seen people being exploited and subjected to constant manipulation by their friends, acquaintances, and even relatives because they cannot distinguish between being a good person and being an emotional fool. You don't always have to justify your role as a friend or a relative. Understand that not everyone deserves your time and effort, and you can never grow in life if you do not set a limit. Self-respect is more important than always being seen as a nice person. Don't cross bridges for people who won't even walk a mile for you. This also happens when people are in the wrong relationships. Stop being manipulated for the sake of looking good to other people or saving someone else. Please balance your priorities.

➢ Success Comes at a Price

Everyone has a different meaning for success. Someone wants to own a house; someone wants to get fit; someone wants to see the pride in the eyes of their parents, and someone just wants to work hard and earn enough money to buy bread and butter. But if mere wishes got success, everyone would have been successful. Remember that just like everything else, there is a certain price that you have to pay to succeed. This price could be your peace of mind, leaving your family life behind, or moving past your comfort zone. Obviously, you can't expect to watch Netflix and also crack the exam. You can't be on social media all the time and then wish to focus on your studies. You can't eat trash food regularly and then blame God for giving you health issues. You can't run away from things and expect them to get sorted on their own. If you want to achieve anything, you have to give your time, reasonable effort, and the sincerity it needs. Life is not a Bollywood film that always ends on a happy note. Life is a farm; you reap what you sow. You get what you invest.

To be successful, you may have to lose friends, you may end up lonely, and sometimes you have to say no to things that give you the greatest pleasure. It is very easy to close the book and start scrolling Instagram, but twenty-thirty years later, when life hits you, you will not be able to go back or get a chance to correct your mistakes. Life will test you in critical times but remember - the price is the way.

➢ Bad things might happen to Good people too

Now, this is another filmy theory that has crept into people's minds. Remember that no matter how good a person you are, there will be days when you feel you do not deserve to go through what you are dealing with. Life is meant to have ups and downs. At some point in our lives, we have all gone through situations where it was difficult for us to see the light at the end of the tunnel. Things like losing a loved one, a family problem, or a big loss in business - these things seem very overwhelming, but you have to remember that it can happen to everyone, regardless of one's karma or nature. In these situations, the only way out is to have this firm belief that the end of something is also the beginning of something. You can't control what's happening to you. These situations are not even supposed to be controlled. The goal is to change your reaction. Life is all about your next step. Just remember one thing- In ups, don't get overconfident, and in downs, don't lose your faith in the supreme. Think about all the pain you've endured; think about all those gut-wrenching situations where you thought you wouldn't survive. This is how I deal with difficult times too.

➢ Stop behaving like a Bollywood Actor

Many of you are geniuses when it comes to overreacting to things that are happening around you. Unless you are a professional actor who acts for money, don't overdramatize everything in your head. Try to see things as they are. Some people get angry so quickly that it escalates to something harmful or regrettable. Some people get upset over the most minor of the issues. Many people keep a fake personality. You will never attract good people in your life if you pretend to be someone you are not. Being genuine with yourself and others will improve your self-worth and help you maintain quality relationships with people.

- You can never grow if you seek comfort

It is very easy to continue to do what you are used to doing and to remain in the confines of the least resistance. The idea of being comfortable seems to appeal to the vast majority of people, which is why we see so many people leading mediocre life. Remember that if you are on the right track, you will face doubt and fear. Comfort is a dream killer. You cannot progress in life by taking a path that is already familiar to you.

- Your talent means nothing without consistent Effort and Practice.

There is a very famous quote that says: Hard work without talent is a shame, but talent without hard work is a tragedy.

Yes, we are all good at something. I'm good with numbers. You might be good at comprehension and linguistics. Someone might be good with their memory. But what separates a talented person from a successful person is hard work. Unfortunately, not every talented individual is courageous enough to make an effort to rise up to their potential.

Most of the time, your talent goes to your grave because you were so lazy that you took it for granted. Your talent may give you an advantage, but you will reach nowhere in life if you do not work hard. I have hundreds of examples in which very average but laborious students have passed the toughest examinations of India. But, those with talent have failed to do so due to a lack of concentration and perseverance. Time is the most valuable commodity in life—the lack of good management also leads them to failure in the long run.

So don't waste your talent by procrastinating. Only through hard work can you achieve the goals of your life.

➢ Don't try to be Jack of all Trades

If you plan to go everywhere, you will end up nowhere. Therefore, it is essential to have clear goals. Otherwise, you will not be able to move forward in life. Just as sunlight can't burn through anything without a magnifying glass that focuses it, you can't achieve anything unless you have a goal to focus on. If you do not know what is essential, everything will seem important, and you will end up spending time on things that will not even matter in the long run. Clearer goals also help you monitor your progress. For example, let's say you're on a road trip. Now, unless you know where you are going, you will have no idea how much fuel to pump, how many hours it will take, and what your speed should be.

If your mind does not know what you want to do clearly, your body will not be interested in doing it. There's a notable saying: Whatever the mind believes, the body achieves.

"Sometimes, when you're in a dark place, you think you've been buried, but you've actually been planted."

Christine Caine

8: Pick that Book

A person who won't read has no advantage over one who can't read. —Mark Twain

Reading is to the mind what exercise is to the body. —Richard Steele

Before I start, I would like to present you with some facts: According to recent data, reading at least six minutes per day reduces stress by 68%. The research was also carried out where it was found that people who read draw conclusions quickly and avoid ambiguity in the decision-making process.

If I could go back in my life and fix a few things - I would start by inculcating the habit of reading books earlier in my life. In India, we don't generally give much importance to book reading, and whatever reading we do is precisely limited to textbooks. Even in schools, teachers provide written solutions to the questions given in the books that children just mug up. In my school (and I believe in many schools in India), we were forced to remember essays and letters that take away the entire purpose of reading and imagination.

Why book reading is important

Whatever decisions we make in our lives, whether they are related to our studies, careers or business, or anything - we tend to analyze their positive and negative results in our minds. Unfortunately, we often do not have a valid and trusting point of view in our subconscious because most of us blatantly copy others. As a result, we often end up making the wrong decision. Book reading gives a perspective. Since books contain narrations from a different point of view, you see and experience events and feelings about the characters through a particular perspective, which may or may not correspond to your thought process, but enrich you with critical viewpoints for your growth. The modern world requires you to be attentive, flexible, and open-minded. If you read a book, your mind expands. For me, expanding the mind means that the book has an impact on the way you look at the world, and it is very essential.

What To Read

There are three types of people - first, who do not like to read and therefore haven't read a single book in their lives. Second, people who want to read books but tend to give up midway. And third, the people who read and enrich themselves with wisdom. If you find yourself in the first two categories, your first task is to identify the reason why you don't like to read. Sometimes, people who are not good at English begin reading books to improve their vocabulary and command of the language, but the book they pick has significantly advanced English. Hence they end up closing the book and throwing it away. I agree that reading increases your vocabulary, but it is also essential that you choose books that are easy to understand at the beginning. Sometimes people also pick a lousy book (or a challenging book) and force themselves through it, which then seems like a chore, and eventually, they abandon the book. Start with more accessible, exciting books- books that really grip you and keep you going, even if they are not literary masterpieces.

How To Move Beyond Fifty-Nine Percent

- If you want to begin your book reading journey or want to be better at it, I will suggest you to have a fixed routine. Read five pages, ten pages, or as much as you can, but make it a habit by picking a time when you will focus on nothing except reading. For example, some people prefer to read books in the morning, but I suggest you begin with reading five pages every night. Don't worry about the genre of the book. Just make sure that the last thing you do every night before you sleep is turning some pages.
- Audio Books are revolutionary, especially for people like me who struggle with time. You can listen to the book while traveling, doing chores, or

while when you close your eyes to take some rest. You can also begin by listening to podcasts on topics that interest you. Apps like *Audible* have both books and podcasts.

- The best thing about reading is that it enriches your vocabulary. In the beginning, you can take the help of a dictionary to find the meaning. You can also note the words down in a book. After reading continuously for a month or two, you will begin to feel a significant change in yourself.
- I generally don't suggest reading e-books to beginners because one might lose focus when reading on gadgets. But in case you want to read an e-book put your mobile or whatever device you are reading it on flight mode.

I am putting together a list of some fantastic books below. All recommendations have been made from my personal reading experience. I honestly credit a fraction of what I am today to each title (in the non-fiction). They have affected my personality, opened my mind to new ideas and opportunities, and gave me a basic framework for thinking, working, and growing. If you are a person who has just begun reading, I will again request to start with fiction first so that you don't lose interest in reading.

Non- Fictions

- *The Secret by Rhonda Byrne* (I wish I could make every person on this Earth read this.)
- *Chicken Soup For The Soul by Jack Canfield*
- *The 7 Habits of Highly Effective People by Stephen R. Covey* (a must-read book for personality development)
- *Attached by Amir Levine and Rachel Heller*
- *Sapiens by Yuval Noah Harari*
- *Surely You're Joking, Mr. Feynman! by Richard P. Feynman*
- *Think and Grow Rich by Napoleon Hill*
- *Who Moved My Cheese by Spencer Johnson*
- *Don't Sweat the Small Stuff by Richard Carlson*
- *The Power Of Your Subconscious Mind by Dr. Joseph Murphy* (My personal favorite)
- *Eat That Frog! by Brian Tracy*
- Read all the books by *Rashmi Bansal*. She mostly writes inspiring stories of Indian Entrepreneurs and Successful Businesses

- Atomic Habits by James Clear
- The Monk Who Sold His Ferrari by Robin Sharma
- The Power of Your Subconscious Mind by Joseph Murphy

Fictions

- *Tuesdays With Morrie by Mitch Albom* (the fiction book I recommend people the most. You can start the book from anywhere. I am pretty sure you will keep coming back to it time and again)
- *The Kite Runner by Khaled Hosseini*
- *The Alchemist by Paulo Coelho* (This book has been recommended and read by almost everyone on this Earth, but very few people can understand what exactly does the author wants to say. Read this book with patience and attention.)
- Read books by *Amish Tripathi* if you are into mythology. I have read his Shiva Trilogy and found it excellent.
- Books by *Chetan Bhagat* are generally not appreciated by avid book readers, but I have a different opinion on this. His books (especially *2 States*, *Five Point Someone*, and *Revolution 2020*)

have plots set in modern India, which people can easily relate with. The language, too, is very basic. He was the person who brought books back into the hands of ordinary people. I recommend his book to beginners.

- *A Man called Ove by Fredrik Backman*

"More is lost by indecision than a wrong decision."

Marcus Tullius Cicero

9: On Parents

The relationship you have with your parents and your family goes a long way in determining your success. When you go through the ups and downs of life, there is no one you can rely on except them. They've watched you grow. They were there with you when you could barely speak. They are the ones with whom you have spent most of your time.

I was lucky enough to have the kind of parents and supportive family with whom I am blessed. There's barely anything or anyone I love more than them. If it weren't for my parents, I don't think I'd be where I am today. I can never forget how my father would put me on his shoulders and take me to the market. He used to answer every silly question that I asked him. And my mother, who has shaped my whole world and whose greatness cannot be expressed in words.

Why The Distance?

Today, when I look around, it seems like a hidden wall has emerged between the children and their parents. Now you can call it a "generational gap" or something, but it's wrong. Your parents are like shields for you. If this protective shield disappears, even the most minor difficulties seem insurmountable.

In most families, everything is fine until the children are in school, but as soon as they get out of the house, they start neglecting the parents' existence, and they have the feeling that their parents are not so important. So they begin to distance themselves from their parents, ignore their calls and often snap them on—the people who taught you to walk by holding your fingers suddenly become conservative and stubborn.

On the other hand, parents are constantly trying to get closer to their children. And it hurts when I see these children being ashamed of introducing their parents to their friends. So often, middle-class families have nothing to show off: no big cars, no big homes, nothing. And that's because parents happily kill their own dreams to give their children a life that they could never have.

Your father may never have worn expensive clothes, but when it comes to giving them to you, he would never have said no. Similarly, Your mother has always put your happiness above anything else. Your education, your needs, your comfort - They have always gone an extra mile to give you more than they could afford. Today, if you can buy and read this book, it's because of them. Remember that all the happiness of your parents comes from you. Even if they scold you sometimes, believe me, they are hurt more than you.

If there is a Difference of Opinions

When I told my family that I wanted to pursue teaching as a full-time career, they were initially a little apprehensive. But I talked it out. Then, I asked them for a year to show them the results. Now that I have been successful, they are more than pleased.

Sometimes, when you decide on a career or make a big decision in other important aspects of life, you may also face similar conflicts of opinion with your parents. I don't say your parents will always be correct, but you should also consider their views. Don't just get angry with them and don't stop talking, because This will further increase the problem. Instead, ask them about their insecurities/concerns about your decision. Remember, no parent wants their children to fail. So put yourself in their shoes and ask them about their point of view. It will help you to come to a conclusion quicker. However, I will also remind you that you may also be wrong in your decision. Your parents have seen more summers than you, and they have more experience in how this world works. Usually, we make decisions based on short-term gains, but our parents have long-term consequences in mind. So never complain about the things your parents could not give you. It was probably all they had.

How To Move Beyond Fifty-Nine Percent

- I know it's not easy surviving in this world which is changing every minute with cut-throat competition, heartbreaks, failures, and constant ups and downs. But, in this chaos, your parents are your safe and happy space. So don't distance yourself from them. They might not understand Instagram, but they definitely understand how this world operates. They might have no idea about what issues you have in your studies or your office, but they know how to handle stress and worries. They might not have been on holiday or vacation with you, but they know what makes you happy the most. So don't hesitate to share your issues with them.

- You mean the world to your parents. They might not express it to you, but they want nothing but your success and happiness. So spend as much time with them as you can. When you were a child, you needed them all the time- to brush your teeth, to tie your laces, and to help you with your homework. They were your superheroes. Now, When you grow up, they need you in the same way. It's your payback time. I honestly believe that nothing works for you more than your parent's blessings. They will be a part of your life for as long as you are alive.

- Having said all those good things about parenting and bonds and affection, I also want to add that some parents are very controlling and critical, and they're really difficult to deal with. I often get messages where students open up to me, and they tell me how their father or mother or a family member is abusive and toxic. I understand that it is emotionally very exhausting, and it's tough to focus on studies or careers in those environments. But let me tell you one thing straight- You cannot do anything about those people. You cannot fix them. You will have to learn to deal with them, and you should try to ignore what they say. I know it's difficult, don't waste your energy on them. You are stronger than you think you are. Instead, channelize your anger or frustrations on your studies. Things will definitely get better when you get a job or stand on your feet and get successful.

"Push yourself until your limitations become your expectations."

10: Seven Things Before Seven A.M

Getting up early in the morning is one of the most favorite parts of my day. It's a delightful start. After waking up, I either go for a walk or exercise at home. Then meditate for at least fifteen minutes, have a cup of tea, and finally plan the day. In my journal, I list the daily schedule of my classes and other tasks. That's been my ritual in the morning for the last five years. It took me a while to apprehend this, but how you use the first few hours of the morning is very important because - the way you start your morning affects your entire day.

Have you seen a juggler throwing balls in the air and making a cycle of balls in motion? The 24 - hours you have are like a juggler throwing balls. If you take care of the first throws, juggling will be easy. It is therefore crucial that you use the first hours of the day productively.

Wake Up Early

Scientifically speaking, our body is not adapted to work at night. We are not nocturnal. We are naturally attuned to being more responsive and alert in the morning hours and sluggish and sleepy at night. I always recommend to my students to wake up early rather than pull off a late night. Fresh and calm early morning hours tend to be the most productive time of day because you have uninterrupted time for yourself. You can also do every task faster, as you have zero distractions and a fresh mind. It is also an advantage that waking early makes it easier to go to bed before. In addition, constant sleep and wake-up times regulate your circadian rhythm, which leads to deeper sleep at night.

Hydrate Yourself

As soon as your eyes open in the morning - Run, grab that water bottle, and fill your stomach with at least three glasses of water. You don't consume water in seven to eight hours of sleep, which is a long time without water. If the body's water requirements are not met, they have various short and long-term health consequences. Drinking water rehydrates your body which has been water-deficient for a while. Water also has a positive effect on cognitive and psychological performance. Make sure you never drink coffee, tea, or other beverages before drinking at least one large glass of water.

Make Your Bed

Our brain likes the feeling of achievement of any work. Although it may feel like a useless act to make your bed and tidy it a little, it is very important to do it because it is generally the first task of the day. If you complete it, it will give you a small sense of pride and encourage you to do another task. One of the most effective ways to change our belief patterns is to practice and maintain daily rituals. If you can't do the little things right, you will never be able to do the big things right.

Write To-do Tasks in your Diary/Journal

As I have told you, I write a to-do list every morning. Your brain is a vast machine and processes every thought and sensory impulse. Writing down the tasks you want to accomplish on that day is like forcing your brain to focus on the essential things rather than draining your energy on less important things. In this way, you subconsciously prioritize tasks so that your brain can work on them first. Having a list also helps us remember things that we have set out to do so that we don't forget anything important.

Do Yoga / Stretch Your Body

I don't get why people can't even spare ten minutes for the well-being of their body- the same body that's going to sail them throughout the day. A simple stretching or Yoga Asana can have hundreds of benefits if done regularly. Not only does Yoga help in increasing the blood flow in your body (and in your brain), which is an essential factor of fitness, but it can also help in reducing stress and other disorders. By incorporating just a few minutes of dynamic and static stretches into your daily workout, you can increase your range of motion, improve your posture, and calm your mind.

Meditate and Manifest

I am a firm believer in the fact that you can achieve anything in life if you have clear goals and a strong belief in yourself. If you are determined enough for something, all the universe conspires in helping you to achieve it. So pick any quiet corner of your house and sit with yourself for at least five minutes. Close your eyes and think about everything you want to achieve, about the person you want to be, the places you want to go.

Feel that air entering and exiting out of your body. This is indeed a powerful method to get our minds in order and focus on what matters, leaving the rest behind.

Read Something Motivating

In the morning, your mind is rested, fresh, and at peace. Reading at this time is advantageous because you retain more information since your mind is most active in the morning. You can pick any motivational book that can prepare you for the day ahead. If you are a student, you can also use this time to read editorials of standard newspapers.

"A year from now, you will wish you had started today."

Karen Lamb

11: You Vs. Hormones

"How can I get rid of sexual feelings?"

It is a recurring question that my students ask. I wish I could make them realize that sexual feelings are as normal as your desire to eat, drink or sleep. Since when did it become a necessity to get rid of it? When has it become an undesired thing to have?

We are animals. An advanced, but still animals. Sex is an essential part of our system. As we grow up and reach a certain age, our reproductive organs become functional, and there is a secretion of certain hormones that affect our bodies and emotions in new ways. These hormones also cause sexual attraction (including various body sensations, feelings, thoughts) so that we mate and maintain the continuity of our species.

This process is as natural as your mouth secreting saliva or your liver secreting enzyme. But if you overindulge in sexual thoughts, can't concentrate on your studies or work, watch excessive pornography or sexual content, find yourself disturbed by your sexual thoughts, or feel like lost in it a lot - then, in that case, it's going to create problems. So it's high time you should make attempts to curb it.

WHAT TO DO

There is a theory known as the "theory of the Ironic Process." According to this, the more you try to suppress a thought, the more persistent it will be. If you tell your brain not to think about a "certain thing," your brain will reflect more strongly about it than if you were not trying to avoid thinking about it. You must have noticed that the moment you know that there is no water in the house - you suddenly start feeling thirsty or when you fast, you can't stop thinking about food. The same theory applies in the case of sexual thoughts too. So when you try not to think about sex, your brains spend a lot of time looking for thoughts that deal with sex.

If you think you are a person who has to deal with these things, the first thing you have to do is stop sitting idle. In most cases, these feelings overpower you when you are lonely and bored.

Don't let monotony lure you into its grip. Activities like watching/reading pornographic content, sexually explicit web shows, sexual conversations, etc., seem innocuous initially but later become an addiction. When you indulge in these activities, it lowers your body's cortisol (which is the primary stress hormone) levels. As a result, the neurons in the primary dopamine-producing areas of the brain are activated, which increases dopamine levels (a chemical that makes you feel pleasurable and improves your mood). Furthermore, when you expose yourself to explicit content, your brain receives a dopamine rush and sends it along reward paths, which makes you feel ecstatic. This rewards your behavior again and perpetuates this habit of watching pornography. And that ultimately leads to the natural need to mate or masturbate. This becomes more problematic when students start to consider these activities as a coping mechanism to alleviate stress or depression rather than confront them.

If you are a student, here I am mentioning some reliable ways to combat your sexual temptations:

- You must have heard this famous saying - "Out of sight, Out of Mind." Make sure you keep away from things that tempt you with unhealthy desires or kicks that cause a hormonal rush - be it images, videos, or actual people. Social media like Instagram have designed their algorithm to show you content that excites you so that you don't keep your phone down.

Make sure you do not fall into their trap. Do not follow these explicit pages. Or if possible, Refrain yourself from such apps. In today's world, most students use the Internet to study, and you can't actually shut down the Internet - so try to use a laptop instead of your mobile phone and install an advertising blocker. Sometimes semi-erotic advertising is also a big trigger. One rule - Out of sight!

- Identify the reason why you resort to pornography - Is it because you spend too much time alone? Is it because you have nothing to do and you are constantly free? Or is it because you are stressed and use it as an escape? Ask yourself this honestly, and once you have the reason, consider eliminating it. Most of the time, sexual temptations arise when you are bored and have a lot of free time in your hand. If you spend your free time bored and alone, the temptation to seek it will be harder to resist. So find something else you can occupy yourself in. In general, I do not recommend playing video games, but they work pretty well in this case. Download games like 'Yellow,' 'Brain It On.' They are pretty exciting and will help you out.

- Remember that there is no end to lust. The more you feed its craving, the more it will ask you. You will be consumed with thoughts about it, even if you are not actively watching or doing it. It's not like you can actually satisfy your mind. This is comparable to the addiction to cigarettes. I have seen people say - "This is my last; I will never have one again," and then I will end up having more.
- If you consume explicit content a lot, it becomes compulsive and starts to interfere with your self-worth. It affects your ability to function in your relationships, at work, and in other aspects of your daily life. What actually happens is that when you are addicted, you spend an inordinate amount of time watching these things, rather than interacting with others or completing your essential tasks. Your mind is a wonderful servant but a horrible master. You will have the idea that you are harming your career, relationships and sabotaging your state of well-being, but you will not be able to do anything because you become a slave of your own brain. So, what to do then? Firstly, remember that you are a human being and should have both light and darkness in you. What really matters is the part of yours that you allow to rule on your subconscious. What matters is the part on which you decide to act.

Therefore, do not condemn your vice. Just as you bring light into the room and the darkness disappears, similarly, as you bring awareness, all the vice simply goes away as if it had never been there.

- Porn often gives you an unrealistic representation of sex and human bodies. It creates a false impression of what an average body looks like and what sexual behavior really is about. You will have to understand that nothing they represent is real, and most actors you see have gone through surgery to look like that. Pornography also promotes sexism and fills your minds with sexually objectifying understandings of gender and sexuality. Your mind is forced to find misogynistic, aggressive, and non-consensual sex arousing, which degrades you as a person morally and ethically.

- It is a hard pill to swallow, but in most cases, your own friends influence you in these things, both consciously and unconsciously. For example, they could tell you stories about their sexual encounters (which can be true or made up), send you explicit videos, engage in inappropriate conversations - which trigger you into sexual temptations. Try to keep a distance from them or confront them directly.

Not making an effort to stop something is equivalent to encouraging it. The most minor of measures have enormous implications.

Let Me Tell You A Story

Adi Sankara (a philosopher from ancient India who traveled across the Indian subcontinent) tramped through the market with his disciples. They saw a man pulling a cow by a rope. Sankara told the man to wait and ask his disciples to surround him.

'I'm going to teach you something,' he said.

"Tell me who is tied to whom? Is the cow tied to this man or the man tied to the cow?"

The disciples answered without hesitation: "Of course, the cow is bound to the man! The man is the master. He holds the rope. The cow must follow him wherever he goes. The man is and the cow is the slave

"Now watch this," Sankara said, taking a pair of scissors from his bag and cutting the rope.

The cow ran away from the master, and the man ran after his cow. "Look, what's happening," Sankara said.

"Do you understand who the master is? The cow is not interested in this man. Indeed, the cow is struggling to escape from this man. This is the case with our minds. Like the cow, all the non-sense that we carry inside is not interested in us. We are interested in it. We keep it together somehow or the other. We are going crazy trying to keep it all under our control. The moment we lose interest in all the garbage-filled in our head, and the moment we understand its futility, it will start to go away. Like the cow, it will escape and disappear."

"The first principle is that you must not fool yourself, and you are the easiest person to fool."

Richard P. Feynman

12: Hardwork, Courage, and Competition

"If you don't sacrifice for what you want, then your goal becomes the sacrifice."

I have always had this knack for teaching. It began in standard IX when one of my friends, who was weak in mathematics, asked for help. I invited him to my house so I could help him. I still remember the chapter vividly - it was Trigonometry. I opened the notebook, and for the next few hours, I kept teaching. Everything I knew, from formulas to tricks, I made sure to make him understand. This chapter was also new to me, but I taught him everything I knew at that time. That day, my friend told me that I was teaching even better than our mathematics teacher.

I used to help my friends with their studies a lot. I started giving home tuitions from as early as class 10th. I never thought of becoming a teacher professionally until 2015, when I realized I find myself more happy and content when I make someone learn something. Nothing is more luxurious than combining passion with a contribution to the world. It was an obvious path to happiness and satisfaction. Sure, convincing my parents was a difficult task because they thought I could do a lot of things or crack XYZ Examinations with my abilities, but I just asked for two years from them. And for the next two years, I worked harder than ever. I worked harder than everyone I knew at that point of time.

If you are in a room consisting of people, you might not always be the richest; you might not always be the smartest, or you might not always be the wisest- but one thing you can always be: the hardest working person in the room!

When I had started teaching Banking Aspirants, things were not working out in the beginning. Like everyone else, there were days when I used to think of giving up, or I would often question my career choices- but I never entertained those thoughts much. I always follow one thumb rule- I don't give a single damn to any negative thoughts. And I want to tell you that even if you know you are about to fail, never bring that word to your mouth- Fail gracefully but don't say anything negative to yourself initially. You know, when you are in trouble, or things are going downhill, you naturally want to share it with somebody or put a thought to it. My advice is that unless it is extremely necessary to get help, don't rush to take other people's opinions. You can never learn if you don't give things a shot yourself. Go for it, make an attempt, take that leap of faith. Don't be scared.

See, scientifically, animals are designed to search for threats and to stay alert. That's why our brain focuses more on the negatives and starts wandering around to seek the threat. That's why many of us can never make big decisions in life, as our brain is more focused on the adverse outcomes than the positives. Therefore, we need to train our thoughts to seek positivity, and this requires a mindset that is free from looking down on our own self.

Coming back to my story, I had achieved what was there in my plan at the end of those two years. I had a good number of students who knew me for my teaching skills. I was the front face for Mathematics on a leading educational platform. I was being paid well. My parents were happy about my success. Things were falling into place. So, what did I exactly do in those two years? Here I am mentioning some of the personal codes that I always kept in mind, and I would want you to follow them too if you're going to pursue your dreams and become successful.

- You can never give your hundred percent to something you don't enjoy doing. So it's essential to pick a career that aligns with your interest. You don't have to be the most intelligent person to get successful. You just need to be willing to work for it every day until you get there - and this requires an undying passion for whatever path you have chosen for yourself. When I picked teaching as a career, I left no stone unturned in my quest to reach the top of my game. Today, I see many people who choose their careers based on other people's opinions and successes and failures, but their passions may lie elsewhere. And that's a big reason why they do not end up being successful. Or, even if they are successful, they remain unhappy and unsatisfied. I teach many banking students- many of them crack the examinations in their first attempt because they are so full of passion. Their career choices are not based on peer pressure, family tradition, or just because it will provide them with a lot of money. Whatever profession you decide to pursue or whatever career choice you make- it is important to factor passion in the equation. Among the traits and abilities that lead to success, passion stands alone.

- The world that we live in runs on the principle of the survival of the fittest. There is cut-throat competition in every field, and you have to constantly better yourself. If you want to be successful and improve your quality of life, you will have to work harder than your competitors (which will be invisible to you). You will have to be your own judge.

- If you can beat Procrastination, you can achieve anything in this world. Unfortunately, most of you suffer from the 'Tomorrow Syndrome.' You always have an explanation ready to escape those hard /out-of-their-comfort-zone tasks. Quoting Abraham Lincoln- "You cannot escape the responsibility of tomorrow by evading it today." You know that it's harmful, but still, you put off that decision giving yourself an explanation as to why it can't be done today. But you'll have to understand that procrastination is the root cause of ninety percent of your problems. Don't let Procrastination hamper your productivity because the more productive you are, the faster you will advance in your career and the better your achievements will be.

Most of you have heard of Gaurav Taneja (popularly known as "flying beast" on the Internet). His story is really fascinating.

He decides to do engineering and goes to IIT (one of the premier institutes of India. He then decides to build his body- and becomes a top professional bodybuilder and a certified nutritionist with a brand of his own. He is now professionally a pilot and also the top YouTube vlogger of India.

Can you observe a pattern in all his achievements? He is at the top of his game in whatever he does. Zero Procrastination. Hundred percent dedication.

"If you don't give young men a good and useful group to belong to, they will create a bad group to belong to."

Sebastian Junger

13: Spirituality

Do you remember the time when you were a child, and all you wanted in your life was that beautiful red toy car you saw in a shop? The mere thought of holding it made you restless and filled you with joy. You put much thought into it - how you will keep it safely in one of the safest corners of the house so that your siblings don't put their hands on it, and how you will be proud of showing it to your friends. Finally, you convince your Dad to buy it, but he puts a condition in front of you - he only gets you that toy if you score more than ninety percent in the subsequent school tests.

You start to study harder than ever before. You do everything to get those numbers so that you can own that red toy car. And with a lot of effort and a dream of owning the car, you score ninety-two percent. You run to your father to show the scorecard. Pleased with your performance, he takes you to the store and buys you that red toy car. You are happier than ever. Your joy knows no bounds. You play with it. You admire its beauty. You show it to everyone you know. But a week later, as you return from school, you see a toy train in a shop. It also has tracks that can be assembled to make the train run. You cannot stop thinking about the beautiful train. You dream of holding it. The red car you bought last week is now no longer worth it.

This cycle is endless. This 'desire' is constant. As we grow up, we try to seek happiness through materialistic possessions, or through fame, or simply by having physical pleasure.

We make a bucket list of things that can give us happiness- a good college, a fulfilling career, healthy relationships, popularity, money, respect in society, and so on. But very rarely in our life do we get satisfied with what we have. No matter how many tick marks we make, the bucket list never ends because we become more and more demanding.

The moment you get your dream college, you start thinking about landing that perfect job. If you find an ideal job, you're worried about making more money. If you have money, you want to double it and then quadruple it. With your hard-earned money - you buy a car, then buy a house, then buy a better house, but still you never feel content. You are never satisfied. For a moment, you may feel that you have achieved what you have always aspired for, but then you start looking for something else that will give you more happiness.

I have regular interaction with students. Most of them get in touch with me when they start preparation for government examinations. At that time, they are very committed to achieving their dream job. They study hard and leave no stone unturned to become successful. And when they crack any examination, I can actually see the happiness in their eyes. I see how grateful they are for their success and how much the job means to them. They seem passionate, happy, and satisfied. But when the same students talk to me after two or three years, and I ask them how they are doing, most of them sound wistful. Many of them have even started preparing for other exams, and one of the reasons I often hear is that they are looking for "happiness," or they are not satisfied in life, or because they believe that their friends have achieved more than they have.

There is no problem in being competitive and striving for more, but if you think getting a better job or more money can bring happiness and make your life peaceful, then sorry to say, but you are looking for happiness in the wrong place. If you don't believe me, ask the people you think are 'successful.' You will get your answer. But, unfortunately, you will never get the peace and satisfaction you are looking for by ticking your bucket list.

I want to ask you some questions to you:

- Do you often feel that the exact purpose and meaning of life remains unknown to you?
- Do you feel lonely and no longer connected to your own?
- Are you always anxious about your future or find yourself stuck in your past?
- Do you want to feel better emotionally (and physically) but always end up feeling dejected and low?
- Do you always feel unsatisfied with what life offers to you?

If your answer to most of the questions that I have asked above is 'yes,' In that case, your priorities are focussed on the material aspects of life, and you should try to rearrange your priorities by awakening your true spiritual nature.

What Exactly is Spirituality

Let's begin with the basics. The human body has two main dimensions :

- The Physical Dimension (i.e., our body, which is made up of bones and muscles)
- The Soul (i.e., the energy/the powerhouse, which runs the physical dimension)

Most of us are not even aware of the existence of this second dimension. Spirituality is a way of getting to know this second dimension and realizing your true self. The term *spirit* comes from the Latin word *spiritus,* which is a translation of another Greek word, *pneuma,* which means 'breath.' Spirituality is understanding this 'vital' energy that puts breath in us and developing a connection to something bigger than ourselves. It involves a search for meaning in life and being concerned with our higher self instead of materialistic or physical things. Let me also tell you that there are a lot of misconceptions related to spirituality. For example, if I ask what image comes to your mind when I ask you to think of a 'spiritual seeker,' many of you might think of a monk draped in saffron clothes or a saint meditating on the mountains or any religious place. I am not saying you are wrong. Yes, a saint or a monk can be a spiritual seeker, but so can be a student, teacher, or scientist. The main essence of spirituality is staying in the present moment, gaining consciousness, and being more aware of your true potential.

When you go to your bed at night, and as you lay your head on your pillow and close your eyes- your mind starts wandering.

It thinks about tomorrow, it thinks about yesterday, and then starts imagining various *whys*, *hows*, and *whens*. Instead of being thankful for today, you start whining, and you feel sad. You find yourself trapped in a loop of thoughts. But when you practice spirituality, you begin to see the way things are, rather than imagining it in some other way. Spirituality fills you with peace and gives a purpose to your life.

Now you must be thinking about how you should practice spirituality. You can put your spirituality into practice through simple and everyday activities, including meditations, yoga, prayer, chanting, breathing, or even interaction with fellow spiritual seekers.

If you are a student, I will strongly suggest that you meditate regularly. I have been practicing meditation myself for a long time. It helps me to focus on my tasks and improves my concentration. You must have observed that you are simultaneously interrupted by hundreds of thoughts when you are doing something. According to me, this is one of the biggest problems that we have to face today. And since our thoughts are constantly switching back and forth, we can't be productive in whatever task we are doing. Therefore, meditation helps me feel calm and in control of the task which I am doing at that moment. In addition, it has improved my self-efficacy (self-efficacy: belief in our own capacity or ability to overcome challenges).

How to Meditate

There are many ways to meditate, but if you are a student or someone in their 20s or 30s, I suggest you practice Focus Meditation. It's an effortless and effective way to meditate. Find any corner of your house that feels silent and peaceful. Choose any comfortable position - you can either sit cross-legged on the floor, or you can sit in your chair with a straight back. I find it easier to meditate with my eyes closed. Just make sure you are stable and in a position you can stay in for a while. Now, just close your eyes and focus on your breath as you exhale and inhale. In the beginning, your mind will wander, and you won't be able to focus on your breath for long. Thoughts will start rushing like water breaking away from a dam. You will witness your 'monkey mind.' You will be shocked to know how many unnecessary burdens you are carrying in your head. Don't worry. Simply bring your attention back to your breath. See, the purpose of meditation or spirituality is not just to make your mind go blank/thoughtless. It's also about knowing what's essential and eliminating the rest of the noise. Distractions will come. You just have to concentrate. If you sit for meditation for twenty minutes, that does not mean you can actually focus for those entire twenty minutes. In the starting, only five-six minutes will be actual meditation, and in the rest of the time, you will struggle between concentration and distraction.

In the beginning, try to focus on your breath, but after continuing for a week or two, try concentrating on the center of the eye. Also, if you want to advance in spiritual life, you will need to find a teacher who is advanced in spirituality.

"Work will work when nothing else will work"

Anonymous

14: Time Management

"Ideas are powerful but not as powerful as your habits" - Scott Hagan

A few years back, while reading the newspaper, I saw the interview of a lady who had cracked a prestigious Public Service Commission exam. She was a housewife and a mother of two kids. When asked how she managed the time for studies, she replied- "If you keep your mobile phone and TV away, you will realize that 24 hours is a really long time...It's never about how fast/slow the time goes; it's about how fast/slow you are."

Each one of us is given 24 hours in a day, without any partiality. No one has less or more than this. The way we use these twenty-four hours determines the level of our success. Any goal without a fixed timeline is only a 'wish' that will never come true. Time Management is crucial in today's world because most of us lead a very complex life.

Consider Time as an Asset

There are two types of people in this world - one who considers these 24 hours as "time" and others who view these 24 hours as an asset.

Many of us struggle to make our dream come true, but we see time passing by every day without a single change happening to us. This is because you are failing to understand that things you leave for tomorrow are never done tomorrow. It's just your procrastination and nothing else. You are just giving an excuse to yourself.

Suppose: You have planned your month, and you have to finish a particular chapter of Arithmetic on a day. As soon as you sit to study, you remember that it's the last week of paying the electricity bill. You think that you should first pay the bill and then sit to solve questions. You open your laptop. As soon as it boots, you get various notifications, one of which says-
"You have a message from XYZ on Instagram."

You think that reading a message will take just 10 seconds. As soon as you click on the link, it takes you to the app where a video of a celebrity dancing with her dog appears, and you forget about the message and continue swiping to watch more videos (sometimes you don't have to swipe too, it auto-scrolls)

You end up wasting hours. As a result, you neither complete the maths assignment nor apply for the examination. Does this sound relatable to you? At the end of the day, do you, too, feel completely sapped and drained of energy yet can't pinpoint anything you accomplished of real significance? Then, this is only because you cannot differentiate between what's "Important" and what's "urgent." Your priorities are unclear. You need to understand that you can't progress in life unless you "label" your important goals in Bold.

If you're a student and preparing for an examination-only studying is essential. If you're seeking a promotion - only focussing on your work is important. If you have any goal- "Working" on it is necessary. Rest everything that might seem important is just a noise that you should ignore.

Most of the time, your brain will tell you to do "easier" things first. But you should question yourself first-"Is my brain trying to run away from the important tasks." So start inculcating the habit of asking questions to yourself and work accordingly.

Write Your Plans

If you think you have issues with Time Management, one of the things you should do is plan your day. Planning helps you keep a check on your goals.

If you find it difficult to plan every hour, simply divide your day into four quarters (based on your work schedule) and write down major goal/goals that you wish to accomplish during that time.

Always remember that every minute that you spend in planning saves your ten minutes during the execution. When you fix your priorities, you don't waste your time beating about the bush, and you will not be confused between things that matter and things that don't. Planning helps you stay focused and keeps you away from distractions.

Understand Your Body

Each one of us is different. Not just in physical appearance but also in behavior. Some people find themselves more productive during the day, while some feel that they receive maximum output from their bodies at night.

You often watch a topper's or a successful people's daily routine in a TV interview or on Youtube, and you start to copy them. Now, if you copy their schedule, you forget that your body is different from them. They might be adapted to a different schedule than yours. As a result, what happens is that you might decide to work when your body is the sleepiest, and you may end up taking a rest when your body is active. In this way, you will end up wasting your productive hours.

Try to understand your body and find out the time you are most productive. Now suppose you find yourself productive during the morning time, then plan your day in such a way that you make the most out of mornings. You can keep the easy tasks for evening and night. If you live with your family, tell them politely that you won't be available for household chores during the morning. Similarly, if you are productive during nighttime, you can plan accordingly, keeping in mind that you deliver your best in the night.

I am giving you my example. Many of us associate afternoon with laziness/dizziness, but it is the exact opposite in my case. I find myself most active during the afternoon. So I have scheduled my classes accordingly.

Turn OFF the Mobile Data

Mobile phones, technology, and the internet were made to save our time, but they are the biggest Time Robbers these days. Believe it or not but they are the biggest hindrance to your growth. We do not use technology but are instead being used by technology. They have crept into our lives like Trojans.

Have you ever observed that when you pick up that phone, how quickly the time passes? Reason: The AI knows you more than you know yourself. They personalize your feed and present it to you in such a way that you keep scrolling for hours. It is just like someone collecting information about everything you eat and then presenting you with only those dishes you like. It's tempting.

The best thing is to turn off the data when you are studying or doing anything productive. If you have to use social media, don't open it all the time and keep checking notifications. It should be used as refreshment, not as a necessity. I have also seen people who waste days after days completing a web series. This is the most self-degrading thing to do. Remember that there is no end to entertainment, recreation, and wasting hours. You can waste months and can still have more of those. But there is an end to the time you have got to reach your goals.

How can you even think of competing with people who are burning their midnight oil while you are busy watching a stupid web show?

I have also changed a few things so that I get minimum distractions from mobile:

I don't have Facebook/Instagram/Twitter apps installed on my mobile phone. So instead, I use them in Browsers like Chrome. This saves a lot of time because the browser versions of these social media sites are slow and unappealing. So when I have to post any updates, I use my laptop/PC.

I have bought a real clock and kept it on my desk. This has reduced my dependence on mobile phones to check the time.

Imagine that your mind is entirely focused on the work or you are brainstorming for something, and suddenly there is Ting! This takes away all your attention in one second. These notifications have these shrill, irritating sounds and vibrations to update, buy or subscribe - you can't resist the temptation to check them. This effect is called the Zeigarnik effect. And you will be shocked to know that scientifically, it takes twenty-three minutes to refocus after you get distracted. So I've turned off notifications for all apps.

I don't keep my mobile near me when I rest or take a nap. I have seen people who start to scroll on mobile if they have some free time. Scrolling mobile uselessly cuts down the time that you have taken to relax. Relaxing is as essential as your work, so don't let your mobile be a hindrance to it.

The Pomodoro Technique

Pomodoro is one of the most effective time management techniques that I know of. It helps to resist temptations, cuts distractions, enables you to beat procrastination, and refreshes your energy and focus.

This is very easy to follow:

Step 1: Pick one task that you want to complete. (If you are a student, pick a chapter/subject that you want to study.)

Step 2: Set the timer for 25 minutes. (25 minutes because it's the perfect length of time not to let you procrastinate, keep the interest maintained, and help you stay focused on any task. The short duration creates urgency so that you're more productive and you stay focused. Though an actual timer clock is preferred but you can download any Pomodoro Mobile Application. Don't forget to turn off the data when you are working.)

Step 3: Start working. Whatever your goal is, make sure you give it undivided attention while the timer is ticking.

Step 4: When the time is over and the timer buzzes, take a five-minute break. (You can drink water, grab a coffee, talk a walk, stretch your body or simply close your eyes and relax.)

Step 5: Reset your timer and repeat.

Step 6: Treat yourself to a more extended, 20-minute break once you've completed four work sessions.

If you practice this technique, you will finish each day with a sense of accomplishment by just working in 25-minute blocks, followed by 5-minute breaks.

Five More Rule

This is yet another simple rule to increase your productivity. Whenever you feel like quitting any task after doing it for long —just push yourself to do 'five' more—five more pages, five more pushups, five more lines. This technique will boost your willpower and mental endurance. For example, suppose you are solving a Quantitative Aptitude Assignment. When you are tired and feel like giving up - solve five more questions. This technique is similar to those used by sportspeople who resist giving up when their bodies initially signal them to sit down.

"The key in any kind of high-pressure situation, I think, is that 75% of success is staying calm and not losing your nerve. The rest you figure out, but once you lose your calm, everything else starts falling apart fast."

Sam Kass

15: Questions You Asked

Over the years, I have been asked innumerable questions on different topics like studies, time management, career, marriage, and finance. This chapter contains my answers to some of those questions that my students asked in my mail.

How to overcome introverted nature?

First of all, you need to understand that you don't have to 'overcome' your introverted nature. This is you, and this is how your genes have aligned. This universe works in a beautiful balance. And scientifically speaking, diversity is the basis of our existence. Look at the people around who, according to you, are successful- Are they all similar? Are they all extroverts? Or Are they all introverts? No, they are all different.

So the first thing you need to do is get rid of this mentality that you are inferior to so-called extroverts or there are some issues with your personality type. You can never say that one nature is superior to the other. For example, you might be quiet or shy or dislike human interaction much, but are they completely useless traits? My answer is a big no.

Use your quietness as a unique tool. I can give you a hundred reasons why being quiet is one of the keys to success. When your mind is calm, you can easily focus your attention on whatever you are doing. I am not underestimating extroverts- It's good to put yourself out there, feel comfortable around people and lead from the front- but sometimes, much socializing can drain your natural energy reserve. It also hampers with your creative energy. On a personal level, I, too, have benefited more from being quiet and from practicing silence than from hustling and from talking.

These days, many top exams of India have a mandatory personal interview and group discussion stage. If you are an introvert, this might come as a challenge for you. To overcome this, practice speaking in front of a mirror or in front of your friend. Prepare as much as possible beforehand. But remember that in those interviews they won't give you more marks if you talk a lot. Being knowledgeable and being loud are two different things, so don't let any judgments and prejudices about your introverted nature bother you. Confidence comes with knowledge. And let me tell you a little secret- some of the people you admire for their outspokenness or confidence are actually introverts who mastered this skill.

What is the meaning of success for you? How do you define success?

For me, success is developing a way of thinking or reaching a position where you know what you should do next and let nothing deter you from your goals. It doesn't matter how many times you've failed in the past. It doesn't matter if you have any achievements to brag about or not.

But as long as you keep moving from one failure to another, or from a tiny milestone to the other, brimming with the same positivity and confidence - You're successful in my eyes.

You can't measure someone's success by their wealth or their achievements or 'followers' count. No. You measure it by how true they are to their vision. You measure it by how resilient they are. You measure it by their authenticity and grit. Victory and defeat, gaining or losing, doesn't matter. Success, to me, is firmly holding onto the battleground.

Undoubtedly, when it comes to achievements- Dr. Kalam is successful. Narayan Murthy and Sudha Murthy are successful. Mahendra Singh Dhoni is successful. Pankaj Tripathi is successful. Can you identify a common thread that ties them?

They all come from a very humble background with limited resources, but these ordinary people achieve extraordinary success. They struggled a lot and saw many failures in their journey, but they always had their dreams before their eyes. Despite all challenges, these people created their own path, their own destiny. If you read in detail about their life story and struggles, you will realize that they have seen an opportunity to grow where others have seen problems. They worked on solutions where others gave up. The answer lies in determination.

I am doing a 9 to 5 government job that I don't like. Should I quit it to follow my passion/?

I don't suggest quitting any job unless you have a hundred percent clarity on what you want to do next and how you will pay your bills and manage your funds. A better way perhaps is finding some time out for your passion/more significant motive while working full time at your job. In most of these desk jobs that require you to sit in the office for an X amount of time, you don't have to perform to your full capacity every day. You just have to manage time well. To be financially independent is very important. Your day job might not be your end goal, but it will help you stay afloat. In my initial days when I had just begun teaching, I too used to work as a content writer for multiple teaching platforms. These days on the Internet, you can find thousands of motivators and influencers telling you how they left their 9to5 job to find their passion. This has caused a sharp rise in the number of youngsters who are quitting their job without giving a second thought. Now many of you might think, what if Mahendra Singh Dhoni hadn't quit his job? What if Chetan Bhagat hadn't quit his job? So, I have something for you. Before you make any decision, observe your daily schedule and your habits honestly and ask yourself- 'Am I doing this to build a better, brighter future for me, or am I just trying to escape'? You'll get your answer.

I get irritated and angry very quickly. How to control anger?

You have to know that Anger is the most negative of emotions. Once you realize how much harm anger does to your mental health, you will seldom lose your temper. Anger has also been associated with heart diseases, weakening of the immune system, and increased chance of strokes.

If you are someone who loses your calm very quickly, it's probably because you can't come up with the solution when put in a given circumstance. Remember that anger has less to do with the situation and more with your reaction to it.

Often we get angry when someone disapproves of our perspective. But you should keep in mind to allow peace to be more important than proving a point.

You can also use the Five By Five Technique to calm you down - when something is triggering beyond a certain point, pause for a moment and think if the thing that's troubling you is going to matter in five years? If it doesn't matter in five years, don't spend more than 5 minutes thinking about it.

What advice would you give to your 16-year-old self?

Well, there are few. The first piece of advice I would have given is to be flexible in your thinking and not get attached to something too much. So often in life, we get so rigid about things that it gets difficult to explore newer options and possibilities. If something isn't working out, try doing it in a different way or try to seek out a new path rather than just beating about the bush. Don't follow the herd. Apply your own brain. Only you know what works best for you.

Also, when we are young, we get very disappointed over even the smallest of failures. So, my second piece of advice would be to have faith in yourself and not to let failures/losses affect you. Obviously, nobody feels good after failing but remember that everything in your life happens for a reason. Whether it is your failures, setbacks, or heartbreaks, every event in your life has a bigger purpose and actually lays the foundations for better things to arrive. As I've said earlier in the book, keep collecting the pieces of the jigsaw puzzle until you get the bigger picture.

The third and last piece of advice will be to enjoy whatever you are doing or whatever you are going through. Life is short, and years just pass in a blink of time. So, make sure you don't forget to live a little. Stay happy and appreciate the present.

What is the one big thing that prevents most people from being successful?

I think there are lots. One of the biggest reasons that prevent most people from being successful is that they often choose comfort over growth. They don't realize that the comfort they seek is going to take them nowhere in life. They find it easier to rest than studying five more pages, eating junk than having a glass of fresh fruits juice, and pushing things to tomorrow than doing it today. This mentality causes them to lag behind in life. It's a famous saying that Growth and comfort seldom ride the same horse. In ancient times, you might know that kings sent their children to Gurukuls, far away from the comfort of the kingdom, to inculcate values. When you leave your comfort zone, you expand your ability to reach greater heights.

My past failures are affecting my studies. I feel demotivated and frustrated all the time. I can't study. Can you help?

I recently visited a friend's house for some work. He is my childhood friend, and we had met after a long gap of ten years. We had studied together from the fifth to the tenth grade and then went on to different paths.

When I asked him what he had done in all these years, he smiled and then shared his story with me.

My friend had chosen the Biology stream in class eleventh and went to Kota with the dream of becoming a doctor. He was outstanding in school, and he worked hard for two years in Kota. But as luck would have it, he could not clear the medical entrance exam. He belonged to a very humble background, and his family's economic condition was not that good. After two years of preparation in Kota, he came back to home and started preparations from there. But unfortunately, he could not clear the exam even after two more attempts. Due to the constant failures, negativity, and constant taunt by the family members and the people around him, he slowly fell into depression. He started to stay cut off from everyone. Despite being a good student, he became so demotivated that he had even decided to quit his studies and work in a company to support his family. Somehow his uncle convinced him and got him enrolled for a B.Sc degree in a local college. Half-heartedly he completed his degree and also went on to do his master's. My friend had tears in his eyes when he was narrating this to me.

Then one random day, when he had been to his college for some work, his classmate told him about the NABARD exam. My friend, who probably had given up on everything in life, first refused to fill the form, but his eyes lightened up as soon as he saw the syllabus. Somehow the fifteen-year-old boy inside him who used to dream big, who had the urge to achieve big, had just awakened. One scoring paper in the NABARD syllabus was of the subject he had studied well during class XII and graduation.

He forgot everything and started preparing for the exam. In just a few months of studies, he cracked NABARD Exam, FCI and IBPS SO. Presently he is working as Manager in NABARD.

Hard work never goes in vain. Life has this virtue of rewarding every single honest effort of yours. If you are honest, patient, hardworking, and have a firm belief in yourself- Nothing can stop you.

Now, if I talk about frustration, I understand that these days students have to deal with a lot of things - low vacancies, late exams, family pressure, financial crisis, etc. And being a little disturbed by all these things is obvious. But remember that you are not alone in this. Everyone, at some point in time, has to face difficulties. So just do your work religiously. Complete your tasks on the same day. Don't leave anything for tomorrow. Do not unnecessarily compare yourself to others.

All the people who you think are successful have a struggle story. But they all kept their spirits high, and their eyes were fixed on the aim. Work as hard as possible, give all your time to studies or things related to whatever exams you are preparing for. Give mock tests, watch online videos related to your studies. You will also find daily quizzes on many apps; attempt those. Remember that there are only instances where people generally fail. First, while choosing a suitable career. And for the second time, when they do not work hard to excel in their chosen career. While many other factors (like parental pressure or financial issues)are involved in the first mistake, you yourself are responsible for the second mistake. You know what to do, but you don't. I am confident that each one of you can crack the examination you are preparing for, but your mindset is the biggest hindrance. You have just filled your head with the belief that the exam syllabus is too complicated, or that you cant crack it.

You must have heard this - "Rome was not built in a day." Start from today itself. Pick up the easiest chapter. Or start with the chapter you are interested in. And I am with you. Take your first step to fulfill your dreams. Don't just wish, Act!

Can you recommend some motivational books and movies?

I have shared a list of my favorite non-fiction books in Chapter 8. They are very motivating, and I highly recommend them. I don't watch many movies, but as per my limited viewing experience, these are the ones that I found very motivating (I have not included Indian Films because most of you have seen them).

- The Shawshank Redemption
- Forrest Gump
- The Pursuit Of Happyness
- Life Of Pie
- The Intouchables
- Dead Poets Society
- Films of Christopher Nolan (Not exactly motivating, but they help broaden my thought process)

Epilogue

If you've reached here, you should know by now that every single tool you need to be successful is already either inside you or around you. I have just tried to help you by sharing some of my experiences and perspectives so that you develop skills to shift your focus on what is really important and what's not. There is a very famous quote by David Starr Jordan: "Wisdom is knowing what to do next, skill is knowing how to do it, and virtue is doing it". I wrote this book brainstorming for months, sitting in my balcony (and sometimes on my bed), reminiscing my good/bad days, and noting down what worked and what didn't work for me. I always wanted to inspire people to get out of their zone and be the best version of themselves. As they say, the purpose of life is a life of purpose. So when you finish reading the book, don't just keep it in your corner and go back to your mediocre self. Because then, my entire effort of curating my thoughts and putting them into words will be wasted. Your failure will be my failure, and I don't want this. So Take a pledge today, just in your mind, that from now onwards, you will try to be the person you always wanted to be, that you will make genuine efforts to reach your goal and that you will now work like someone who is a member of the most evolved and intelligent species of the Earth. It is very easy to give up and choose comfort, very easy. But don't forget that your comfort is going to make your life miserable in the future.

Watching a new web series continuously for hours is easy. Sitting with a quantitative aptitude book is difficult. You can always choose easy over difficult. Giving up a Mock Test in between is easy. Solving and analyzing it thoroughly is difficult. You can always choose easy over difficult. Feeding junk to your body is easy. Eating healthy is difficult. You can always choose easy over difficult. Opening Instagram and scrolling it for no reason is easy. Deactivating your account to focus on your studies is difficult. You can always choose easy over difficult. But always remember, if you keep choosing easy- Never expect your result to be different.

So, no matter what you want to want to achieve, no matter what your goals are, no matter where you are right now, I hope you start immediately on your journey to move ahead fifty-nine percent.

Do you think your procrastination is making you suffer ?

Do you want to be successful but can't find your way ?

Do you find it difficult to deal with failure ?

Do you regularly feel demotivated and stressed ?

If so, you are stuck at your

"FIFTY NINE PERCENT"

In this easy to read self help book by **Aashish Arora,** India's most loved eductor for competitive exams, you will gain an insight into what it takes to be successful in the real sense of the term. Filled with wisdom and simple hacks to increase your productivity, this book will help you unleash your true potential and offer you simple solutions to some of the difficult challenges that life throws at you.

@aashisharorasocial | Aashish Arora | Studified